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JUNE 2019

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39 fresh summer recipes

Party Season

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JUNE 2019

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COVER: LEIGH BEISCH; STYLING: ALICIA DEAL (FOOD), GLENN JENKINS (PROPS); RECIPE: PAGE 78. THIS PAGE: PETER FRANK EDWARDS; STYLING: JENNI RIDALL (PROPS)

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Tuesday night doesn't mean you can't infuse dinner with a little flair. We've got more than a dozen delicious-but-weeknight-doable recipes, including Honey-Harissa Chicken Wings with Grilled Carrots & Celery *(p.10)* and Grilled Taco Pizza *(p.12)*. *Olé,* Tuesday!

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SCOTT PITTS; STYLING: THERESA GILLIAM (FOOD)

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You Rock, Bok

When it comes to produce with benefits, it's hard to top bok choy (a type of Chinese cabbage—who knew?). This delicately bitter green leafy veg ranks *second* on the Centers for Disease Control and Prevention's list of 41 powerhouse fruits and vegetables. It's loaded with sulforaphane and carotenoids, antioxidants that protect cells from damage, improve immune function and play a key role in blocking cancer formation. And can we talk beauty perks? A single cup of cooked bok choy delivers more than half of your daily recommended intake of vitamin C, a nutrient that has been shown to guard against UV sun damage and ramp up the production of collagen—a protein that keeps your hair and skin healthy and youthful.
—Hallie Levine

"I usually shoot ingredients as part of a bigger dish, rather than a single one on its own," says **Penny De Los Santos**, the New York City-based photographer who shot this image. "I did many variations on this bok choy: I froze it, I sliced it, I burnt it. But ultimately, its natural, unadulterated state was what I found most visually arresting. It's my romantic, sultry take on the vegetable." De Los Santos' award-winning work shooting food and culture has taken her to more than 40 countries.

→ **Choy to the World!** *Recipes at eatingwell.com/bokchoy*

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WHAT'S TRENDING

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1 Next-Level Backyard Bash
Step up your party game and serve guests one of our no-fail crowd-pleasers. Think: Zucchini Noodle "Pasta" Salad featuring spiralized zukes *(right)*, Blue Cheese Portobello Burgers and Shrimp Po' Boys. *EatingWell.com/BackyardBash*

2 Healthy Summer Vacation Guide
School's out and we've got recipes and tips to keep hungry little bellies well fed. You'll love our 20-minute no-cook family meal recipes, healthy road trip snacks and top lunch ideas to pack for camp. *EatingWell.com/SummerVacation*

3 Glow from the Inside Out
Learn which fruits and veggies you should be eating for gorgeous, healthy skin. And get tons of our favorite recipes for enjoying them. *EatingWell.com/GlowGetters*

CAITLIN BENSEL; STYLING: CHELSEA ZIMMER (FOOD), SARAH ELIZABETH CLEVELAND (PROPS)

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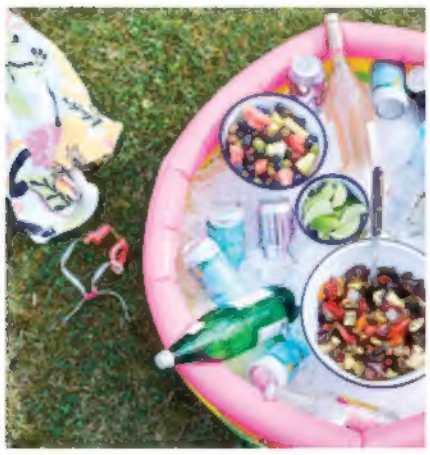
MEET THE GOOD-LIFE GURUS

These social media mavens inspire us to explore new tastes and ideas. We chose this trio for our summer parties issue because, well, who *wouldn't* want to celebrate with these ladies?



@fromscratchfast

Nicki Sizemore's specialty—cooking up healthy, from-scratch meals in an hour or less—makes her a must-follow on Instagram. Beyond family dinners, she's full of fun fête ideas too. Go to *eatingwell.com/poolparty* or scan the code below for her poolside food and drink hacks like cocktails-as-popsicles and kiddie-pools-turned-coolers.

Make a splash! Hover your phone's camera over this smart code to download Nicki's pool-party plan.

@anyafernald

As CEO of Belcampo Meat Co. in northern California, Anya Fernald does it all: farming, grilling and hosting meat camps on the range (i.e., sleep-away camps under the stars for grownups who love to cook). Her Instagram feed is full of summer grilling inspiration, including slow-roasted tri tip and chuck steak salad with radishes and Parm. You can sign up for one of her camps at *belcampo.com/meatcamp*. Campers learn everything from basic butchery to open-fire grilling, and get to see Belcampo's sustainable-farming practices in action.

@edibleliving

Every impromptu gathering Sarah Copeland throws together (and posts about) under twinkle lights in her Hudson Valley, New York, backyard speaks our language. As in: delicious, seasonal veggie-packed dishes, a glass of something bubbly and a sweet fruit dessert to finish. This cookbook author, food blogger and mom of two also has a new cookbook, *Every Day Is Saturday* (out June 4), that will help you gather your friends around good food any day of the week. Oh, did you say dinner's at 6? We'll be right over, Sarah!

LEFT: KATRIN BJÖRK; CENTER: BELCAMPO MEAT CO.; RIGHT: AMY FRANCES PHOTO

WE ASKED YOU

When you host a summer party, what has to be on the menu?

Moscow Mules!! *—ohmyglobuguys*

Orzo salad, watermelon ceviche. *—lacocinadeleti*

Prosciutto-wrapped asparagus. *—lifeinmyemptynest*

Homemade hummus, muhammara and baba ganoush with pita bread and veggies. *—mayazbites*

A crisp, chilled rosé with triple-cream Brie on homemade crackers. *—cpivarnik*

Blue cheese coleslaw! *—kdpowers112*

An Austrian potato salad. *—mariacutler62*

Deviled eggs from my chickens are a must. *—agcfarm*

Ice-cold beers and a hot pink burger! *—Kristi Lee*

Brazilian chicken salad *(salpicão)*: shredded chicken breast, julienned carrots, celery and bell pepper, in mayo dressing. *—alexzchef*

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Lean Cuisine

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EASY HEALTHY RECIPES

DINNER TONIGHT

Wing It!

Hot wings aren't just for frying. Try them—and other weeknight meals—grilled for an easy, summer-friendly dinner.

SCOTT PITTS; STYLING: THERESA GILLIAM (FOOD)

Honey-Harissa Chicken Wings with Grilled Carrots & Celery

ACTIVE: 45 min **TOTAL:** 45 min

Most grills cook unevenly, so it's important to keep these wings moving around to ensure crispy skin without burning.

- **2 tablespoons honey, divided**
- **1½ tablespoons lemon juice, divided**
- **1 tablespoon extra-virgin olive oil**
- **¼ teaspoon salt**
- **¼ teaspoon ground pepper**
- **1 pound medium carrots (about 6), halved lengthwise**
- **1 pound medium stalks celery (about 6), halved lengthwise**
- **3 pounds chicken wings**
- **2 tablespoons harissa paste *(see Tip)***
- **1 tablespoon melted butter**

1. Preheat grill to medium-high.

2. Mix 1 tablespoon each honey and lemon juice, oil, salt and pepper in a small bowl. Place carrots and celery on a rimmed baking sheet and drizzle with the mixture. Toss to coat.

3. Grill chicken, turning and moving the pieces around the grill every 2 minutes, until slightly charred on both sides and an instant-read thermometer inserted in the thickest part without touching bone registers 165°F, 12 to 15 minutes total. Grill the vegetables directly on the grate, turning occasionally, until tender and slightly charred, 10 to 12 minutes.

4. Combine harissa, butter and the remaining 1 tablespoon honey and ½ tablespoon lemon juice in a large bowl. Add the chicken and toss to coat. Serve with the vegetables.

SERVES 4: 3 whole wings & 1 cup vegetables each

CAL 504 / **FAT** 30G (SAT 9G) / **CHOL** 212MG / **CARBS** 22G / **TOTAL SUGARS** 15G (ADDED 9G) / **PROTEIN** 34G / **FIBER** 5G / **SODIUM** 508MG / **POTASSIUM** 943MG.

SQUEEZE OF HEAT

Harissa, a condiment made from roasted red peppers and chile peppers, hails from northern Africa. Look for ones labeled "paste" rather than "sauce," as the sauces can have added ingredients that tone down the smoky and spicy taste of the peppers.

SCOTT PITTS; STYLING: THERESA GILLIAM (FOOD); ILLUSTRATION: EMMA DIBBEN. RECIPE BY DEVON O'BRIEN

→ **Winner Winner** *Find more of our favorite grilled chicken recipes at eatingwell.com/grilledchicken*

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Grilled Taco Pizza

ACTIVE: 30 min **TOTAL:** 30 min

Grilling pizza mimics the rustic flavor of a wood-fired oven. It cooks fast, though, so make sure you have all your ingredients prepped and ready to go for speedy flipping and topping.

- 1 pound 90%-lean ground beef
- 1 15-ounce can pinto beans, rinsed
- 1½ teaspoons chili powder
- 1½ teaspoons ground cumin
- ¼ teaspoon salt
- ¾ cup fresh salsa *or* pico de gallo, divided
- 1 pound whole-wheat pizza dough
- 1 cup shredded Mexican-blend cheese
- ½ cup sour cream
- 2 tablespoons lime juice
- 2 cups shredded romaine lettuce
- Fresh cilantro & sliced pickled jalapeños for garnish

1. Preheat grill to medium-high.

2. Cook beef in a large nonstick skillet over medium-high heat, breaking it up with a wooden spoon, until cooked through, about 5 minutes. Stir in beans, chili powder, cumin and salt. Remove from heat and stir in ½ cup salsa (or pico de gallo). Transfer to a medium bowl.

3. Roll dough out on a lightly floured surface into a 12-inch oval.

4. Oil the grill rack. Grill the dough until puffed and lightly browned, 1 to 3 minutes. Turn it over using tongs. Spread the beef mixture on the crust and sprinkle with cheese. Grill until the cheese is melted and the crust is lightly browned on the bottom, 2 to 3 minutes more. Transfer to a cutting board.

5. Mix sour cream and lime juice. Top the pizza with lettuce, the remaining ¼ cup salsa (or pico de gallo) and the sour cream mixture. Garnish with cilantro and jalapeños, if desired.

SERVES 5: 1 slice each

CAL 511 / **FAT** 22G (SAT 8G) / **CHOL** 86MG / **CARBS** 48G / **TOTAL SUGARS** 5G (ADDED 0G) / **PROTEIN** 33G / **FIBER** 5G / **SODIUM** 728MG / **POTASSIUM** 548MG.

Hover your phone's camera over this smart code to see how to grill pizza (or go to *eatingwell.com/grill-pizza*).

SCOTT PITTS; STYLING: THERESA GILLIAM (FOOD). RECIPE BY ADAM DOLGE

Made in Ireland with milk from grass-fed cows, it's a taste that says a thousand words.

Coriander-Rubbed Pork Chops with Fennel-Plum Salad

ACTIVE: 30 min **TOTAL:** 30 min

Toasting and grinding whole spices ensures you get the freshest, most robust flavors for the pork spice rub.

- **2 teaspoons coriander seeds**
- **1 teaspoon cumin seeds**
- **½ teaspoon whole white peppercorns**
- **4 tablespoons toasted sesame oil, divided**
- **2 teaspoons honey**
- **¾ teaspoon salt, divided**
- **4 thin-cut bone-in pork chops (about 1½ pounds total)**
- **¼ cup rice vinegar**
- **2 scallions, sliced**
- **2 teaspoons grated fresh ginger**
- **1 large fennel bulb, with fronds**
- **3 medium plums**

1. Preheat grill to medium-high.

2. Toast coriander seeds, cumin seeds and peppercorns in a small dry skillet over medium heat until fragrant, about 1 minute. Coarsely grind in a spice grinder or with a mortar and pestle. Transfer to a small bowl and stir in 2 tablespoons oil, honey and ½ teaspoon salt.

3. Coat one side of pork chops with half the coriander mixture and let stand at room temperature for 10 minutes.

4. Meanwhile, combine vinegar, scallions and ginger with the remaining 2 tablespoons oil and ¼ teaspoon salt in a large bowl. Chop 2 tablespoons fennel fronds and add to the bowl. Halve, core and thinly slice the fennel. Cut plums into ¼-inch wedges. Add the fennel and plums to the bowl and toss with the dressing.

5. Oil the grill rack. Grill the pork chops seasoned-side up for 2 minutes. Turn and brush with the remaining coriander mixture. Grill until an instant-read thermometer inserted in the thickest part without touching bone registers 145°F, about 2 minutes more. Serve the pork chops with the slaw.

SERVES 4: 1 pork chop & 1¼ cups slaw each
CAL 350 / **FAT** 21G (SAT 4G) / **CHOL** 75MG / **CARBS** 17G / **TOTAL SUGARS** 12G (ADDED 3G) / **PROTEIN** 25G / **FIBER** 3G / **SODIUM** 699MG / **POTASSIUM** 685MG.

FENNEL FORCE

In addition to refreshing crunch, raw fennel provides fiber and vitamin C.

SCOTT PITTS; STYLING: THERESA GILLIAM (FOOD); RECIPE BY BREANA KILLEEN

The inspirAsian

The Secret

Sticky-Sweet Chicken Skewers: Start with Kikkoman® Teriyaki Marinade & Sauce, then add a few flavorful accents, like apricot preserves, lime juice, ginger and garlic. Marinate chicken, skewer, grill and serve with a smile and tons of napkins. More easy recipes at KikkomanUSA.com

GOOD FOR YOUR GUT

The antioxidant anthocyanin, found in both red cabbage and black rice, has been found to inhibit digestive enzymes linked to obesity and type 2 diabetes.

Black Rice Banh Mi Bowls with Tofu

ACTIVE: 30 min **TOTAL:** 45 min

We've taken inspiration from the popular Vietnamese sandwich, but lost the bun to make room for one of our favorite whole grains: black (aka forbidden) rice.

- **1 cup black rice, rinsed**
- **2 cups water**
- **1 teaspoon salt, divided**
- **1 tablespoon toasted sesame oil**
- **1 tablespoon reduced-sodium tamari**
- **2 teaspoons fish sauce *or* tamari**
- **1 teaspoon honey**
- **1 14-ounce package firm water-packed tofu, cubed**
- **½ cup rice vinegar**
- **1 tablespoon sugar**
- **1 cup julienned carrot**
- **1 cup julienned daikon radish**
- **½ cup shredded red cabbage**
- **¼ cup fresh mint *and/or* cilantro**
- **Sriracha mayo & sliced jalapeño for garnish**

1. Combine rice, water and ¼ teaspoon salt in a medium saucepan. Bring to a boil over high heat. Reduce heat to maintain a gentle simmer, cover and cook until the rice is tender, about 30 minutes. Remove from heat and let stand, covered, for 5 minutes.

2. Meanwhile, mix oil, tamari, fish sauce (or more tamari) and honey in a large bowl. Add tofu and toss to coat. Let stand at room temperature, stirring occasionally.

3. Whisk vinegar, sugar and the remaining ¾ teaspoon salt in a medium bowl. Add carrot and daikon and let stand for 15 minutes. Drain and discard liquid.

4. Divide the rice, tofu, marinated vegetables and cabbage among 4 bowls. Serve topped with herbs, Sriracha mayo and jalapeño, if desired.

SERVES 4: 2 cups each

CAL 323 / **FAT** 11G (SAT 2G) / **CHOL** 0MG / **CARBS** 41G / **TOTAL SUGARS** 4G (ADDED 2G) / **PROTEIN** 17G / **FIBER** 6G / **SODIUM** 589MG / **POTASSIUM** 161MG.

SCOTT PITTS; STYLING: THERESA GILLIAM (FOOD). RECIPE BY ADAM DOLGE

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Grilled Short Ribs & Cherry Tomatoes with Chimichurri

ACTIVE: 20 min **TOTAL:** 20 min

Short ribs lend themselves to braising—but don't stop there. You can get surprisingly tender results on the grill too. Hailing from South America, chimichurri is a fresh herb sauce that gets a little heat from crushed red pepper.

- **1 pound boneless short ribs (1 to 1¼ inches thick) *or* London broil**
- **¾ teaspoon salt, divided**
- **½ teaspoon ground pepper, divided**
- **1 pint cherry tomatoes**
- **1 cup fresh parsley *and/or* cilantro leaves**
- **1 clove garlic**
- **2 tablespoons extra-virgin olive oil**
- **2 tablespoons red-wine vinegar**
- **1 tablespoon lemon juice**
- **¼ teaspoon crushed red pepper**

1. Place a grill basket on one side of the grill; preheat to medium-high.

2. Sprinkle meat with ½ teaspoon salt and ¼ teaspoon pepper. Grill the meat on the grate, turning occasionally, until charred on all sides and an instant-read thermometer inserted in the center registers 125°F (for medium-rare), 10 to 15 minutes total. Add tomatoes to the grill basket and cook, stirring occasionally, until they burst, about 6 minutes.

3. Meanwhile, place herbs, garlic and the remaining ¼ teaspoon each salt and pepper in a food processor. Pulse until finely chopped. With the motor running, add oil, vinegar, lemon juice and crushed red pepper and process until the chimichurri is combined but chunky.

4. Serve the meat with the tomatoes and the chimichurri.

SERVES 4: 3½ oz. meat, ¼ cup tomatoes & 1 Tbsp. chimichurri each

CAL 232 / **FAT** 16G (SAT 5G) / **CHOL** 46MG / **CARBS** 5G / **TOTAL SUGARS** 2G (ADDED 0G) / **PROTEIN** 16G / **FIBER** 2G / **SODIUM** 478MG / **POTASSIUM** 430MG.

BEEF WITH BENEFITS

Beef short ribs contain particularly high amounts of zinc (more than twice as much as other cuts), an essential mineral that's important for healthy immunity.

SCOTT PITTS; STYLING: THERESA GILLIAM (FOOD); RECIPE BY DEVON O'BRIEN

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Spaghetti & Chicken Meatballs with No-Cook Tomato Sauce

ACTIVE: 20 min **TOTAL:** 20 min

When tomatoes are at their in-season best, just a quick chop and a few ingredients are all you need to make a sauce in minutes. Store-bought chicken meatballs keep the low-effort theme going all the way to the table.

- **8 ounces whole-wheat spaghetti**
- **4 cups chopped ripe tomatoes (about 1¾ pounds)**
- **1 cup chopped fresh basil, plus more for garnish**
- **3 cloves garlic, minced**
- **3 tablespoons extra-virgin olive oil, divided**
- **16 fully cooked refrigerated Italian-style chicken meatballs**
- **¼ cup finely grated Parmesan cheese**

1. Bring a large pot of water to a boil. Cook spaghetti according to package directions. Drain.
2. Meanwhile, combine tomatoes, basil, garlic and 2 tablespoons oil in a medium bowl.
3. Heat the remaining 1 tablespoon oil in a large skillet over medium-high heat. Add meatballs and cook, stirring occasionally, until starting to brown, 3 to 5 minutes. Remove from heat; add the tomato mixture and toss to coat. Serve the spaghetti with the meatballs and sauce, topped with Parmesan. Garnish with more basil, if desired.

SERVES 4: 2 cups each

CAL 497 / **FAT** 22G (SAT 5G) / **CHOL** 69MG / **CARBS** 53G / **TOTAL SUGARS** 7G (ADDED 0G) / **PROTEIN** 27G / **FIBER** 8G / **SODIUM** 674MG / **POTASSIUM** 766MG.

SMART SHORTCUT

Keep a package of chicken meatballs on hand for a quick dinner hack. Look for them in your grocery store's meat department.

Get *EatingWell* recipes for easy 20-minute and weeknight mains in Cozi, a free meal-planning & organizing app (available on iTunes & Google Play).

SCOTT PITTS, STYLING; THERESA GILLIAM (FOOD); ILLUSTRATION: EMMA DIBBEN. RECIPE BY BREANA KILLEEN

→ **Shortcut Dinners** *Find more ideas for making dinner in a hurry at eatingwell.com/dinnershortcuts*

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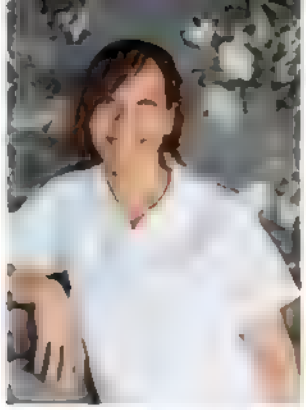

At her restaurant, Compère Lapin in New Orleans, **CHEF NINA COMPTON** pairs culinary inspiration from her Caribbean upbringing with Louisiana's indigenous ingredients, such as the shrimp in this salad. The *Top Chef* finalist chooses Louisiana wild gulf shrimp for their sweeter flavor.

Summer Shrimp Salad

ACTIVE: 25 min **TOTAL:** 25 min

Use an array of colorful tomatoes to make this salad pop. Cooking the shrimp with fresh herbs and garlic infuses them with flavor without coming off too strong for a light salad perfect for summer entertaining.

- **1¼ pounds raw shrimp (21-25 count), peeled and deveined**
- **¼ cup extra-virgin olive oil**
- **10 fresh thyme sprigs**
- **4 cloves garlic, crushed**
- **¼ teaspoon salt**
- **¼ teaspoon ground pepper**
- **¼ cup lemon juice**
- **1 medium English cucumber, diced**
- **3 large heirloom tomatoes, chopped**
- **½ cup chopped fresh basil, plus more for garnish**

1. Preheat oven to 350°F.

2. Toss shrimp with oil, thyme and garlic on a rimmed baking sheet. Sprinkle with salt and pepper. Bake until the shrimp are pink and firm, 8 to 10 minutes.

3. Transfer the shrimp to a large bowl (discard thyme and garlic). Add lemon juice and stir to coat. Gently stir in cucumber, tomatoes and basil. Arrange the shrimp and vegetables in a serving bowl. Serve drizzled with any dressing left in the bowl and garnish with more basil, if desired.

SERVES 4: about 2 cups each

CAL 290 / **FAT** 15G (SAT 2G) / **CHOL** 228MG / **CARBS** 10G / **TOTAL SUGARS** 5G (ADDED 0G) / **PROTEIN** 31G / **FIBER** 2G / **SODIUM** 322MG / **POTASSIUM** 810MG.

SCOTT PITTS; STYLING: THERESA GILLIAM (FOOD); INSET: DENNY CUTHBERT PHOTOGRAPHY

PICKY EATERS EDITION

Pan-Fried Okra

ACTIVE: 15 min **TOTAL:** 25 min

These spicy, crunchy pods may be just the recipe to turn okra haters into lovers.

- **1 cup buttermilk**
- **2 teaspoons Cajun seasoning, divided**
- **8 ounces small okra (about 20 pods)**
- **½ cup white whole-wheat flour**
- **½ cup cornstarch**
- **⅓ cup canola oil**
- **¼ teaspoon salt**

1. Whisk buttermilk and 1 teaspoon Cajun seasoning in a medium bowl. Add okra and toss to coat. Let stand for 10 minutes.

2. Meanwhile, whisk flour, cornstarch and ½ teaspoon Cajun seasoning in a medium bowl.

3. Drain the okra and toss in the flour mixture until well coated.

4. Heat oil in a large nonstick skillet over medium-high heat. Add the okra in a single layer and cook, turning occasionally and tilting the pan to evenly distribute the oil, until golden on all sides, about 6 minutes. Transfer to a paper-towel-lined plate. Sprinkle the okra with the remaining ½ teaspoon Cajun seasoning and salt.

SERVES 4: 1 cup each

CAL 106 / **FAT** 5G (SAT 0G) / **CHOL** 0MG / **CARBS** 14G / **TOTAL SUGARS** 1G (ADDED 0G) / **PROTEIN** 2G / **FIBER** 2G / **SODIUM** 75MG / **POTASSIUM** 195MG.

OKRA ADVANTAGE

Okra's soluble fiber—the unique gel that traditionally thickens gumbo—also helps clear unhealthy cholesterol in your body.

Charred Sugar Snaps with Sesame-Chili Sauce

ACTIVE: 15 min **TOTAL:** 15 min

Be sure to let these sugar snaps get some at-the-edge-of-burnt color in the skillet. It's the secret to the knockout flavor of this dish.

- **2 tablespoons toasted sesame oil**
- **1 pound sugar snap peas, trimmed**
- **¼ cup chopped scallions**
- **2 tablespoons low-sodium soy sauce**
- **2 teaspoons chili-garlic sauce**
- **2 teaspoons honey**
- **1 teaspoon toasted sesame seeds**

1. Heat oil in a large nonstick skillet over medium-high heat. Add peas and cook until slightly charred, about 2 minutes. Continue to cook, stirring occasionally, until charred on all sides, 3 to 4 minutes more.

2. Add scallions and cook for 1 minute. Add tamari, chili-garlic sauce and honey and cook, stirring, until the peas are glazed, about 1 minute. Serve sprinkled with sesame seeds.

SERVES 4: about ½ cup each

CAL 123 / **FAT** 8G (SAT 1G) / **CHOL** 0MG / **CARBS** 12G / **TOTAL SUGARS** 7G (ADDED 3G) / **PROTEIN** 3G / **FIBER** 3G / **SODIUM** 347MG / **POTASSIUM** 227MG.

SCOTT PITTS; STYLING: THERESA GILLIAM (FOOD) RECIPES BY ADAM DOLGE

→ **Summer's Bounty** *More recipes for the season's best veg at eatingwell.com/summerveg*

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Got Zukes? We Have Ideas!

Olive Oil–Braised Mixed Summer Squash

ACTIVE: 15 min **TOTAL:** 30 min

Heat ⅓ cup **extra-virgin olive oil,** 4 crushed **garlic** cloves, ½ tsp. **anchovy paste** (optional) and ¼ tsp. **crushed red pepper** in a large skillet over medium heat until the garlic is sizzling and fragrant, 2 to 4 minutes. Add 1 pound each **summer squash** and **zucchini,** cut into ½-inch pieces. Cook, stirring occasionally, until very tender, 12 to 16 minutes. Stir in 1 Tbsp. chopped fresh **oregano** and ½ tsp. **salt.**

SERVES 6: ¾ cup each

Grilled Zucchini with Tomato-Mint Relish

ACTIVE: 20 min **TOTAL:** 20 min

Preheat grill to medium-high. Cut 4 small **zucchini** in half lengthwise. Brush with 1 Tbsp. **extra-virgin olive oil** and sprinkle with ¼ tsp. **ground pepper** and ⅛ tsp. **salt.** Grill, turning once halfway, until tender, 6 to 8 minutes. Combine 1 cup chopped seeded **tomatoes,** 1 Tbsp. chopped fresh **mint,** 1 tsp. each **extra-virgin olive oil** and **red-wine vinegar,** ¼ tsp. **ground pepper** and ⅛ tsp. **salt** in a small bowl. Top the zucchini with the tomato-mint relish.

SERVES 4: 2 zucchini halves & ¼ cup relish each

SQUASH CRAZE

U.S. zucchini consumption has been rising the last 5 years, fueled by the zoodle craze. Try it these other ways too.

Quick Zucchini Pickle Ribbons

(Photo: page 2.)

ACTIVE: 15 min **TOTAL:** 35 min

Cut 2 medium **zucchini** into strips with a vegetable peeler, stopping when you reach the seeds. Place in a heatproof pint jar with 8 fresh **dill** sprigs. Combine ¾ cup each **white-wine vinegar** and **water,** 1 Tbsp. **sugar,** 2 tsp. **mustard seeds,** 1 tsp. **salt,** 1 crushed **garlic** clove and ¼ tsp. **crushed red pepper** in a medium saucepan. Bring to a boil. Pour into the jar. Let stand for 20 minutes. Drain and serve.

SERVES 8: ¼ cup each

NUTRITION INFO ON PAGE 106.

SCOTT PITTS; STYLING: THERESA GILLIAM (FOOD) RECIPES BY BREANA KILLEEN, DEVON O'BRIEN, ADAM DOLGE

Sauce Secret

This stir-fry is not only a crave-worthy family-friendly meal, it's also a teaching moment on how sauces thicken. Add a little cornstarch to any simmering liquid, and the heat will cause the starch molecules to lose their structure and absorb the liquid around them—a process called gelatinization. By Joy Howard

Sweet & Sour Chicken with Broccoli

ACTIVE: 20 min **TOTAL:** 20 min

This easy recipe makes a delicious, healthier alternative to Chinese takeout. When toasted, ramen noodles make a tasty, crunchy topping for a stir-fry or salad.

- **3 ounces dry ramen noodles**
- **1 tablespoon canola *or* avocado oil**
- **1 pound boneless, skinless chicken breasts, trimmed and cut into 1-inch pieces**
- **½ cup orange juice**
- **6 cups small broccoli florets (about 12 ounces)**
- **3 tablespoons rice vinegar**
- **2 tablespoons low-sodium soy sauce**
- **1½ tablespoons cornstarch**
- **2 tablespoons honey**
- **1 tablespoon finely chopped garlic**
- **¾ teaspoon crushed red pepper**
- **½ teaspoon kosher salt**

1. Preheat oven to 375°F.

KIDS DO **2.** Crush noodles and spread on a rimmed baking sheet. Bake, stirring once, until lightly browned, 7 to 9 minutes.

3. Meanwhile, heat oil in a large skillet over medium-high heat. Add chicken and cook, stirring occasionally, until browned and cooked through, 6 to 8 minutes. Transfer the chicken to a plate. Add orange juice to the pan and cook, scraping up any browned bits, for 15 seconds. Add broccoli; cover and cook until tender, about 3 minutes.

KIDS DO **4.** Meanwhile, whisk vinegar, soy sauce and cornstarch in a small bowl.

5. Add the vinegar mixture, honey, garlic, crushed red pepper and salt to the pan; bring to a boil. Cook, stirring, until the sauce is thickened, about 1 minute. Add the chicken and cook for 1 minute more. Top with the ramen noodles.

SERVES 4: 1¼ cups each

CAL 321 / **FAT** 7G (SAT 1G) / **CHOL** 79MG / **CARBS** 38G / **TOTAL SUGARS** 13G (ADDED 9G) / **PROTEIN** 29G / **FIBER** 6G / **SODIUM** 618MG / **POTASSIUM** 639MG.

JOHNNY AUTRY; STYLING: CHARLOTTE AUTRY (FOOD & PROPS); INSET: BRETT SIMISON

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Strawberry Shrub

ACTIVE: 5 min **TOTAL:** 4 hrs 25 min
TO MAKE AHEAD: Refrigerate for up to 1 week.
Shrubs (vinegar-based syrups) add sweetness and tang to cocktails and mocktails. Splash some in ice-cold seltzer or make a boozy beverage with vodka (see right).

- **1 cup strawberries, halved**
- **1 cup sugar**
- **1 cup cider vinegar**
- **1 1-inch strip lemon zest**

Combine strawberries, sugar, vinegar and lemon zest in a medium nonreactive saucepan. Bring to a boil over medium-high heat. Remove from heat and let stand for 20 minutes. Strain into an airtight heatproof container. Refrigerate until cold, about 4 hours or up to 1 week.
SERVES 16: 1½ Tbsp. (¾ oz.) each
CAL 52 / **FAT** 0G (SAT 0G) / **CHOL** 0MG / **CARBS** 13G / **TOTAL SUGARS** 13G (ADDED 13G) / **PROTEIN** 0G / **FIBER** 0G / **SODIUM** 0MG / **POTASSIUM** 15MG.

Use It in a Cocktail

Muddle **2 strawberries, 2 fresh basil leaves** and a **1-inch strip of lemon zest** in a cocktail shaker or pint jar with a tight-fitting lid. Add **1½ ounces vodka, ¾ ounce Strawberry Shrub** *(left)*, **¼ ounce Campari** and **ice.** Cover and shake until cold. Strain into a glass of ice; top with a splash of **seltzer.**

GET IT
No time to prepare the shrub? Make this cocktail recipe with 1 oz. Torani Strawberry Syrup *(Torani.com)* for a fast and refreshing summer sipper.

SPONSORED BY TORANI.

GREG DUPREE; STYLING: TORIE COX (FOOD), AUDREY DAVIS (PROPS). RECIPE BY ADAM DOLGE

→ **Make It a Mocktail** *Use this summery shrub for a tasty nonalcoholic sip: eatingwell.com/mocktail*

Sweet 16 Punch

Add ¼ cup Torani Raspberry Syrup and 1 cup pineapple juice to a bottle of sparkling apple cider

Raspberry Shrub

Stir 2 Tbsp. Torani Raspberry Syrup with 1 tsp. apple cider vinegar and 1 cup sparkling water

Raspberry Dream Iced Coffee

Add 1 Tbsp. Torani Raspberry Syrup and 1 Tbsp. Torani Vanilla Syrup to 1 cup iced coffee

Raspberry Soda

Add 2 Tbsp. Torani Raspberry Syrup to 1 cup sparkling water

Raspberry Sangria

Mix ¾ cup Torani Raspberry with ½ cup triple sec, 2 bottles of Merlot, 1 cup orange juice, 1 cup brandy, apple & orange slices and let stand in sealed container or pitcher for at least 24 hours in refrigerator before serving. Serves 20.

Lemon Berry Twister

Add 1 Tbsp. Torani Raspberry Syrup to 1 cup lemonade

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Cuban Stromboli

ACTIVE: 15 min **TOTAL:** 30 min

Inspired by the classic pressed sandwich, we've taken the pickle-meets-cold-cuts-and-Swiss-cheese combo and rolled it in pizza dough for a winning party nibble.

- **5 ounces whole-wheat pizza dough**
- **4 thin slices Swiss cheese**
- **4 slices salami**
- **3 slices deli ham**
- **3 slices deli turkey**
- **1 kosher pickle spear, quartered lengthwise**
- **1 large egg yolk**
- **1 teaspoon water**
- **Sesame seeds for garnish**
- **Yellow mustard for serving**

1. Preheat oven to 450°F.

2. Roll out pizza dough on a lightly floured surface into a 12-by-6-inch rectangle. Layer on Swiss, salami, ham, turkey and pickle. Roll up, starting at a long edge, into a tight roll, pinching the seams together. Place on a baking sheet. Cut a few slits on top. Whisk egg yolk and water in a small bowl and brush over the top. Sprinkle with sesame seeds, if desired.

3. Bake until golden, about 15 minutes. Slice and serve with mustard, if desired.

SERVES 10: 1 slice each

CAL 76 / **FAT** 4G (SAT 1G) / **CHOL** 31MG / **CARBS** 6G / **TOTAL SUGARS** 0G (ADDED 0G) / **PROTEIN** 4G / **FIBER** 0G / **SODIUM** 227MG / **POTASSIUM** 48MG.

GET IT

Don't skip the egg wash! It adds beautiful color and shine to the crust. Choose Eggland's Best eggs to get more than double the dose of heart-healthy omega-3s.

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GREG DUPREE; STYLING: TORIE COX (FOOD), AUDREY DAVIS (PROPS); RECIPE BY DEVON O'BRIEN

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Instant-Pot Mojo Pork

ACTIVE: 40 min **TOTAL:** 1 hr 40 min
TO MAKE AHEAD: Refrigerate for up to 3 days.

In Cuba, lechon asado *(roast pork) is marinated in* mojo, *a citrus-herb sauce. Here, the pressure cooker infuses similar flavor into pork shoulder. No pressure cooker? Braise the meat in a large pot in a 300°F oven for 4 to 5 hours.*

- **1 tablespoon extra-virgin olive oil**
- **1 3½- to 4-pound boneless pork shoulder, trimmed and cut into 6 pieces**
- **8 cloves garlic, minced**
- **3 tablespoons chopped fresh oregano**
- **2 teaspoons ground cumin**
- **1 bay leaf**
- **Zest & juice of 1 large orange, divided**
- **Zest & juice of 1 large lime, divided**
- **2 teaspoons kosher salt**
- **2 teaspoons ground pepper**
- **½ cup water**
- **1 large yellow onion, sliced**

1. Heat oil in an electric pressure cooker on sauté mode. Add half the pork and cook, turning occasionally, until browned, about 3 minutes per side. Transfer to a bowl and repeat with the remaining pork.

2. Add garlic, oregano, cumin, bay leaf, orange and lime zests, salt and pepper to the pot and cook, stirring, until fragrant, about 30 seconds. Stir in orange and lime juice and water and scrape up any browned bits. Nestle the pork into the sauce. Drizzle with any accumulated juices from the bowl and scatter onion over the top.

3. Close and lock lid. Cook on high pressure for 1 hour. Manually release pressure and remove lid.

4. Transfer the pork to a platter and shred the meat into large pieces. Skim fat from the liquid, if desired. Return the pot to sauté mode and bring the liquid to a boil. Cook until the sauce has thickened, about 10 minutes. Serve the sauce over the pork.

SERVES 10: 3 oz. each
CAL 296 / **FAT** 19G (SAT 7G) / **CHOL** 97MG / **CARBS** 4G / **TOTAL SUGARS** 2G (ADDED 0G) / **PROTEIN** 25G / **FIBER** 1G / **SODIUM** 444MG / **POTASSIUM** 370MG.

GREG DUPREE; STYLING: TORIE COX (FOOD), AUDREY DAVIS (PROPS). RECIPE BY BREANA KILLEEN

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- 1 can (15.5 oz.) GOYA® Organic Chick Peas
- 1 can (15.5 oz.) GOYA® Organic Black Beans
- 1 can (15.5 oz.) GOYA® Organic Cannellini
- 1 can (15.5 oz.) GOYA® Organic Pinto Beans
- 2/3 cup medium red onion, finely chopped
- 1/2 cup medium tomato, finely chopped
- 2 tbsp. fresh cilantro, finely chopped
- 2 tsp. GOYA® Minced Garlic

For the Dressing:

- 3 tbsp. GOYA® Red Wine Vinegar
- 1 tsp. sugar
- 1/2 tsp. GOYA® Crushed Red Peppers
- 1/2 cup GOYA® Extra Virgin Olive Oil
- GOYA® Adobo with Pepper, to taste

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All-American Portobello Burgers

ACTIVE: 20 min **TOTAL:** 20 min

Mushrooms are a natural source of glutamate, a naturally occurring compound that gives the fungi their umami flavor. But to really give these "patties" a savory boost, we brush them with steak sauce.

- **4 portobello mushroom caps, gills removed if desired**
- **Cooking spray**
- **¼ teaspoon ground pepper**
- **2 tablespoons mayonnaise**
- **1 tablespoon ketchup**
- **1 tablespoon sweet pickle relish**
- **4 teaspoons steak sauce**
- **4 slices American cheese**
- **4 whole-wheat buns, toasted if desired**
- **1 cup shredded iceberg lettuce**
- **4 large tomato slices**
- **Thinly sliced red onion & pickles (optional)**

1. Preheat grill to medium-high.

2. Coat mushrooms with cooking spray and sprinkle with pepper. Grill, turning occasionally, until tender, 10 to 12 minutes total.

3. Meanwhile, mix mayonnaise, ketchup and relish in a small bowl.

4. Transfer the mushrooms to a plate and pat dry with paper towels. Brush with steak sauce and top the gill side of each mushroom with a slice of cheese. Return the mushrooms to the grill and cook until the cheese is just melted, about 1 minute more. Serve on buns with the sauce, lettuce, tomatoes and onion and pickles, if desired.

SERVES 4: 1 burger each

CAL 275 / **FAT** 13G (SAT 4G) / **CHOL** 23MG / **CARBS** 33G / **TOTAL SUGARS** 11G (ADDED 3G) / **PROTEIN** 10G / **FIBER** 5G / **SODIUM** 713MG / **POTASSIUM** 654MG.

GET IT

Kraft American cheese slices add nostalgic flavor to this vegetarian burger. Plus, they melt like champs for a gooey bite you *and* your kids will love.

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GREG DUPREE; STYLING: TORIE COX (FOOD), AUDREY DAVIS (PROPS); RECIPE BY CAROLYN MALCOUN

→ **See How It's Made** *Watch how to make this mushroom burger at eatingwell.com/portobelloburger*

The melt that stops meltdowns.

Kraft For the win win

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Creamy Cucumber, Radish & Tomato Chopped Salad

ACTIVE: 15 min **TOTAL:** 15 min

A mix of cool, crunchy vegetables gives this salad satisfying bite for a perfect potluck side.

- ½ cup mayonnaise
- ½ cup crumbled feta cheese
- 1 tablespoon chopped fresh chives, plus more for garnish
- 1 tablespoon chopped fresh dill, plus more for garnish
- 1 tablespoon lemon juice
- ¼ teaspoon salt
- ¼ teaspoon ground pepper
- 1 large English cucumber, diced
- 1 pint cherry tomatoes, quartered
- 1 bunch radishes, diced
- ½ medium red onion, finely diced

Whisk mayonnaise, feta, chives, dill, lemon juice, salt and pepper in a large bowl. Add cucumber, tomatoes, radishes and onion and toss to coat. Garnish with more chives and dill, if desired.

SERVES 6: about 1 cup each

CAL 187 / **FAT** 17G (SAT 4G) / **CHOL** 19MG / **CARBS** 7G / **TOTAL SUGARS** 4G (ADDED 0G) / **PROTEIN** 3G / **FIBER** 2G / **SODIUM** 350MG / **POTASSIUM** 348MG.

Kick *Find more crowd-pleasing side dish recipes at eatingwell.com/BBQsides*

GREG DUPREE; STYLING: TORIE COX (FOOD), AUDREY DAVIS (PROPS). RECIPES BY DEVON O'BRIEN (LEFT), CAROLYN MALCOUN (RIGHT)

Hover your phone's camera over this smart code to see how to turn this recipe into a flag cake (or go to *eatingwell.com/flagcake*).

No-Bake Berry Cheesecake Bars

ACTIVE: 20 min **TOTAL:** 2 hrs 20 min
TO MAKE AHEAD: Refrigerate for up to 1 day.

As if no-bake weren't tempting enough, consider that the graham cracker crust has pecans in it. Ooh la la! In the filling, nonfat Greek yogurt and reduced-fat cream cheese cut the calories and sat fat.

- **7 ounces graham crackers, broken into large pieces**
- **½ cup toasted pecans**
- **¼ teaspoon salt**
- **⅓ cup canola oil**
- **2 8-ounce packages reduced-fat cream cheese, softened**
- **2 cups nonfat plain Greek yogurt**
- **⅔ cup confectioners' sugar**
- **1 teaspoon lemon zest**
- **1 tablespoon lemon juice**
- **5 cups fresh berries**

1. Pulse graham crackers, pecans and salt in a food processor until finely ground. With the motor running, drizzle in oil, then pulse to combine. Press into a 9-by-13-inch baking dish.

2. Add cream cheese, yogurt, confectioners' sugar, lemon zest and lemon juice to the food processor. Puree until smooth, about 1 minute. Dollop the mixture over the crust, then gently spread into an even layer. Cover and refrigerate until cold, at least 2 hours and up to 1 day.

3. To serve, top with berries and cut into 16 squares.

SERVES 16: 1 square each
CAL 245 / **FAT** 14G (SAT 5G) / **CHOL** 8MG / **CARBS** 23G / **TOTAL SUGARS** 13G (ADDED 9G) / **PROTEIN** 6G / **FIBER** 3G / **SODIUM** 224MG / **POTASSIUM** 152MG.

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GOOD LIFE

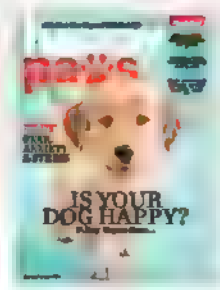
Hello, *Gourd*geous

How do you cram an abundant, sprawling garden into only 500 square feet? For Kyle Hagerty and Morgan Daily, the couple behind the urban farmstead East Sac Farms in Sacramento, California, the solution was to grow up. And they created this 6-foot-high, 8-foot-long vegetable trellis to do just that. "The sky is literally the limit," says Hagerty. "If I grow cucumbers on a trellis as opposed to growing them along the ground, I'm going to be able to grow four times as many in that space." Butternut squash is shown growing here, but it's great for delicata squash, small pumpkins, green beans and purple pole beans as well. They also use it to support tomatoes by gently guiding the plants through the trellis. "It provides better airflow and great access for pollinators," says Daily. "And it brings the crops up to your height, so it's easier to harvest and prune." All it takes is some easy-to-find farm materials and about an hour to set up. Voilà, produce paradise. —*Julia Westbrook*

plant your plate

Remake (or buy) your own trellis. Hover your phone's camera over this smart code or visit eatingwell.com/trellis

JESSICA SAMPLE



Find more ways to make Fluffy's life better in the new magazine ***Happy Paws***, on newsstands or at *magazine.store* now.

Open Wide!

Good dental hygiene is important for dogs—but easy to overlook. Read up on the best way to care for your pooch's pearly whites. **By Rachel Stearns**

Surprising fact: you need to brush your dog's teeth every day. Yes, every day. You wouldn't let your kid skip it, so don't put your canine's canines on the bottom of your list. Most dogs can be trained to accept the idea, says Cailin R. Heinze, M.S., V.M.D., D.A.C.V.N., associate professor of nutrition at Tufts University's Cummings School of Veterinary Medicine. The younger the pup, the easier it will be, but it's never too late to start. Introduce the idea by pulling back your dog's lips and rubbing her teeth with gauze or a washcloth to get her used to the sensation. Once she's cool with you poking around her mouth, then upgrade to an actual brush. You can pick one up at the pet store or use a soft-bristled human toothbrush—just don't use your own toothpaste. (Some of the ingredients, like xylitol and fluoride, can be harmful to dogs). In fact, toothpaste isn't even necessary, but special ones made just for dogs can make brushing a treat rather than a chore (some are meat flavored!). Angle the bristles toward the gums to help clear any plaque below them. And focus on the upper, back teeth, where the most gunk accumulates. You don't need to spend more than 30 seconds at a time brushing, but because plaque can solidify into tartar (which a toothbrush can't remove) in 36 hours, it's important to stay on top of it.

If brushing is just not going to happen, consider switching to food specially formulated to support dental health. Look for the Veterinary Oral Health Council's (VOHC) seal of approval. This kibble is larger than normal so it doesn't crumble until she's firmly bitten down into it, which scrapes off plaque in the process. (Traditional dry food breaks without as much chomping.)

Regular checkups are also key for healthy teeth. And if your dog's breath smells particularly bad or like something rotten, then it's time to call the vet to see if more in-depth care is needed. "Dental disease is one of the most preventable causes of pet illness," says Heinze.

If necessary, your vet may recommend a professional cleaning. Left untreated, tartar buildup can lead to gingivitis or periodontal disease that in turn can cause infections or require tooth extractions. Bad teeth may also cause more day-to-day harm than you realize. Sometimes pets that seem to have low energy are actually in pain. Heinze says she's seen cases where a dog comes back from a dental visit acting like a brand-new pup.

DIRK FREDER/GETTY IMAGES

→ **Woof!** *Find more answers to your pet questions at eatingwell.com/pets*

DOES YOUR DOG'S MOUTH HAVE A DIRTY LITTLE SECRET?

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A Fresh Spin on Kombucha

FERMENTATION AFICIONADOS, meet your next obsession: jun (pronounced like the month), a milder, slightly sweeter drink made with green tea and honey. "Depending on how it is fermented, the flavor is floral with a nice body," says Eli Cayer, owner of Urban Farm Fermentory in Portland, Maine, where they brew and sell jun on tap.

The drink's history is a little fuzzy, but Cayer believes it originated in northern Asia and likely came before kombucha. Aside from Cayer, only a handful of others are making jun, including Wild Tonic, based in Cottonwood, Arizona, and Portland, Oregon's Soma. So for now, jun is mostly a DIY trend. If you've made kombucha before, the process is very similar but uses a different starter culture. (Order one at *kombucha kamp.com*.) Jun generally takes about half as long as regular kombucha to ferment. And because the drink is pretty mellow, it's a great canvas to experiment with all kinds of flavors—basil, rose petals, strawberries, ginger, blackberries. *—Brooke Constance White*

$5.45 BILLION

Estimated size of the global fermented tea market by 2025—or 23% growth from 2016.

Source Grand V ew Research

DYLAN GRIFFIN; CATRINE KELTY (STYLING)

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WILL TRAVEL FOR:

Historic Farmers' Markets

Long before our infatuation with farm-to-table, these spots set the stage for growers and buyers to connect over fresh, seasonal produce.

By Diana Lambdin Meyer

1

2

3

4

5

1 The Original Farmers Market, Los Angeles

In 1934, a group of 18 farmers backed their trucks onto a dirt lot and started hawking their goods. The Original Farmers Market was born. Today, you'll still find local apples, oranges and lemons, but the market has largely shifted its focus toward prepared food, like California-fresh salads, sandwiches and other goodies. One of the oldest spots is Magee's House of Nuts, where you can watch the purveyors grind their homemade nut butters. And if you love farmers' markets for the people-watching, nearby CBS Studios makes this a great spot for celebrity sightings. *farmersmarketla.com*

2 Soulard Market, St. Louis

Enjoy a Bloody Mary, a slice of gooey butter cake (a St. Louis classic) and a stroll around the grounds where farmers have been selling fruits, veggies and made-from-scratch treats for 240 years. (That's before the U.S. bought this land in the Louisiana Purchase!) The massive Renaissance-style structures host about 150 vendors. The northwest wing boasts stall upon stall of fresh produce, brimming with rhubarb, strawberries and all kinds of greens. In the northeast wing, look for Bryan Harr. His great-grandfather began bringing live chickens, geese, turkeys and ducks to the market in 1925, making this the oldest farmers' stall here. Harr and his wife, Mica, sell organic live barnyard fowl, like hens and roosters, plus cage-free eggs, raw honey and organic butter. *soulardmarket.com*

3 Eastern Market, Detroit

With more than 200 vendors in six magnificent Art Deco buildings, this market has been a food hub in the city since 1891. Eastern Michigan's fruit crops begin to mature this time of year—with strawberries and cherries starting to make appearances—and expect plenty of peas, green beans and fresh herbs. Look for Grown in Detroit in Shed 2. At this stall you'll find produce like garlic scapes, asparagus and juneberries (aka serviceberries) grown by a co-op of 60 urban farmers who are transforming vacant lots into gardens. There are also plenty of new products to try because the market houses commercial kitchens for food startups. *easternmarket.org*

4 Reading Terminal Market, Philadelphia

Farmers have been selling fruit, vegetables, milk and cheese since 1893 in this former railroad terminal. Today, the 80-vendor market is a mix of traditional Pennsylvania Dutch foods—including garlic jam, beet-pickled eggs and chow chow relish—and modern dining options. In the summer, Kauffman's Lancaster County Produce has heaps of local sweet corn, tomatoes and peppers. You'll also find plenty of indulgent offerings, like Amish hand-twisted pretzels straight from the oven and painted with butter, or pork roll sandwiches from The Grill at Smucker's (not related to the jam). And what's summer without a cool treat? Bassetts Ice Cream is the market's last remaining original merchant. At their stall, Lewis Bassett's great-great-grandson, Michael Strange, shows off flavors like Raspberry Truffle and Pralines & Cream. *reading terminalmarket.org*

5 French Market, New Orleans

In the late 1700s, farmers and fishermen brought their goods by barge to this spot on the banks of the Mississippi River. Now, it's home to nearly 200 NOLA food and craft artisans, with stages for cooking demonstrations and live music. There's plenty to explore at the main Farmers Market pavilion, like the seemingly endless spice racks at World Famous N'awlins Café & Spice Emporium and made-to-order crepes at the Crepe Cart. *frenchmarket.org*

ALAMY STOCK PHOTO: ALAN CURTIS (1); STEPH PLOMARITY/STOCKIMO (3); EDUCATION & EXPLORATION 3 (5) GETTY IMAGES: SIEDE PRE'S (2); ©2018 JOHN GREIM (4).

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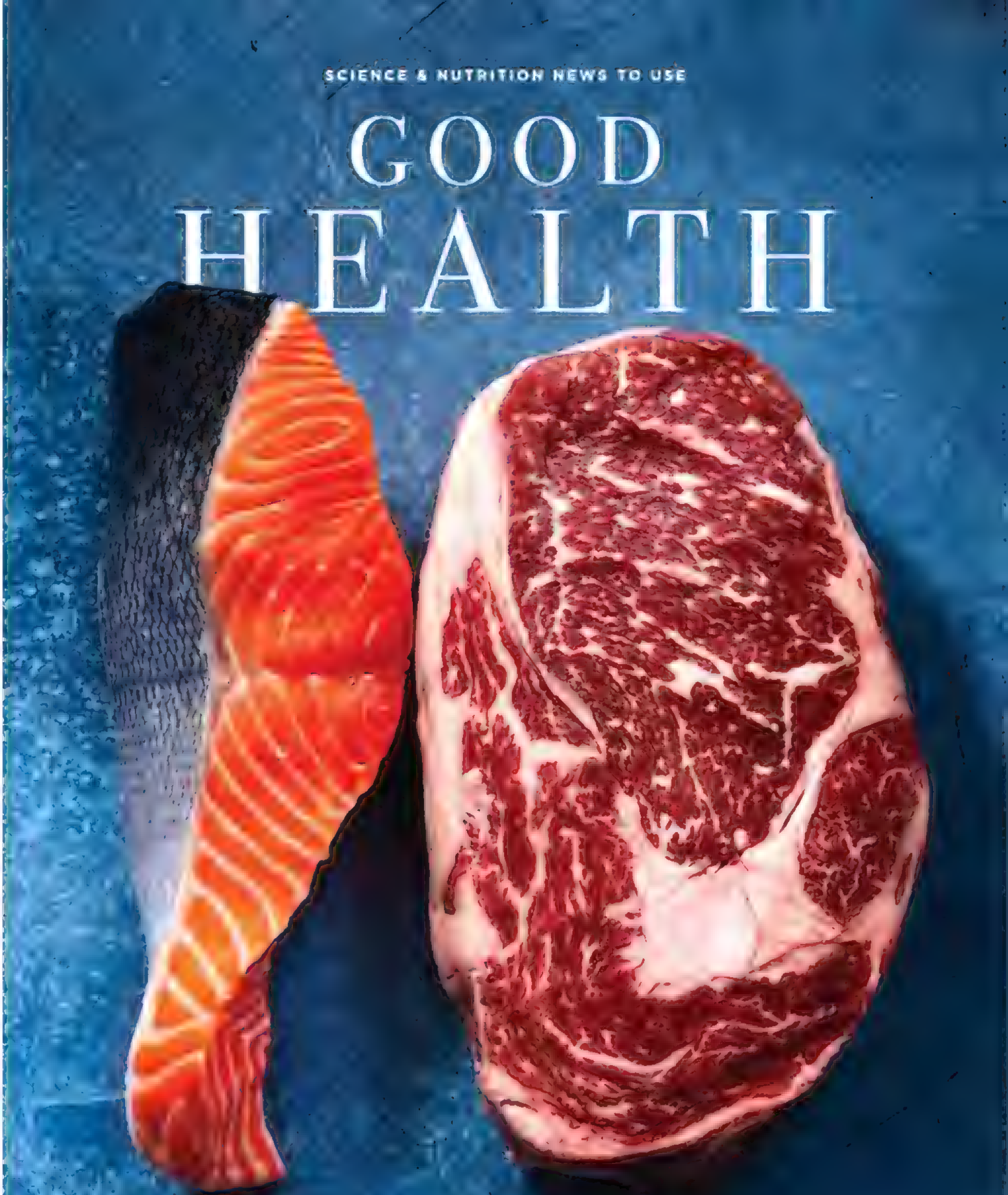

Fat vs. Fat

Recent research suggests that certain types of fat could keep weight off, while others may make you gain. We've got the details.

ANTONIS ACHILLEOS; STYLING: CHELSEA ZIMMER (FOOD), HEATHER HILLEGAS (PROPS)

Can Eating Fat Make You Fat?

GONE ARE THE DAYS when fat was verboten (thank the avocado gods!) but we also know that not all varieties are created equal. Some, namely polyunsaturated and monounsaturated fats, are more heart-healthy than others (that would be you, saturated and trans fats). But recent research is taking that idea a step further: in a first-of-its-kind study, researchers found that certain types of fat are more likely to encourage weight gain—even though all fats have the same calorie count (9 calories per gram).

Frank Hu, M.D., chair of the department of nutrition at the Harvard T.H. Chan School of Public Health, and his team examined 20-plus years of data from more than 120,000 women and men, looking specifically at how changes in the types of fat that people ate affected their weight. They found that when people increased saturated and trans fats in their diets, they were more likely to put on pounds, while upping intake of unsaturated fats had no such connection—and was even linked to weight *loss*.

One explanation Hu offers is that different types of fats have different metabolic effects in the body. Saturated and trans fats seem to trigger insulin resistance, meaning that your cells don't absorb glucose like they're supposed to. As a result, your body increases its output of insulin, a hormone that promotes fat accumulation.

As for unsaturated fats, that's where it gets interesting. In general, adding more monounsaturated fatty acids (MUFAs) caused a slight increase in weight. However, when the researchers teased out animal sources of MUFAs (like red meat and dairy) versus those from plants (nuts and olive oil), only the animal sources increased weight, while plant sources helped keep the scale steady. That's likely because MUFAs and saturated fats are usually a package deal in animal foods, so you get both good and not-so-good fats.

Meanwhile, foods—like tuna, salmon, walnuts and sunflower seeds—that are rich in polyunsaturated fatty acids (PUFAs) may prevent weight gain, or even help it go down. How? PUFAs appear to promote insulin sensitivity—a good thing for helping the body use food for energy instead of storing it as fat.

BOTTOM LINE: Weight gain from eating more trans and saturated fats averaged about ¾ pound a year in the study. This scale creep may not sound like a big deal, but it is enough to increase the risk of diabetes, heart disease and cancer. Hu recommends replacing 5 percent of your saturated fat intake with equal amounts of MUFAs and PUFAs. On a 2,000-calorie diet, if you're eating 22 grams of saturated fat, you'd just need to cut back by 1.1 grams. That's like swapping a slice of crumbled bacon on your salad with a generous teaspoon of sliced almonds.

And don't confuse shifting fat with *slashing* fat. "When people reduce the overall fat in their diets they tend to replace it with refined carbohydrates and added sugar, which may be worse for your health," says Hu. As long as you focus on quality, there's no need to fear fat.

ANTONIS ACHILLEOS; STYLING: CHELSEA ZIMMER (FOOD); HEATHER HILLEGAS (PROPS)

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Healthy to the Bone

Four simple strategies to shore up your skeleton and prevent osteoporosis. By Jessica Migala

You're never too young to start caring for your bones. Through young adulthood, building bone mass is key because women's bone mineral density can begin to decline as early as age 35—and by the time you reach menopause, that loss speeds up, dipping as much as 20 percent over the next five to seven years. Men's bone loss tends to start later, but that doesn't make it any less serious. (In fact, the average man's risk of an osteoporosis-related fracture after the age of 50 is greater than his risk of prostate cancer.) For both women and men, the sooner you take steps to slow that process and maintain the bone mass you have now—or even increase it—the better.

PACK IN PROTEIN

"This nutrient acts as the glue in bones, holding together minerals like calcium, phosphorus and magnesium that keep them hard and strong," says Taylor Wallace, Ph.D., adjunct nutrition professor at George Mason University in Fairfax, Virginia. The best type of protein for bones—plant versus animal—has long been up for debate. However, an analysis of seven studies, which Wallace co-authored, found that they're equally good. Most important is getting enough. He recommends aiming for 0.36 gram of protein per pound of body weight and up to 0.56 gram for adults over age 50, For example, a 140-pound woman should get up to 78 grams of protein daily. To put that into perspective, 3 ounces of chicken breast contains 26 grams of protein, and 1 cup of beans has about 14 grams.

LIFT A LITTLE

Strength training stimulates new bone development. Heavy lifting is still the gold standard for triggering this process, but you can get a similar benefit from doing lots of reps with light resistance, according to a study published in the *Journal of Sports Medicine and Physical Fitness*. Lifting light three times a week for six months increased bone mineral density by as much as 8 percent. Pick a dumbbell that's 20 percent of the max weight you can lift (so, 4 pounds if you're capable of lifting 20). For each exercise, do as many reps as possible in 5-minute bursts over the course of an hour-long workout.

DRIZZLE OLIVE OIL

This Mediterranean diet staple may be famous for helping your heart but it can support your skeleton as well. Consuming about 4 teaspoons of olive oil per day was associated with 4 percent higher total bone density on average compared to having none, according to Spanish researchers. Olive oil contains naturally occurring compounds called polyphenols that increase the activity of osteoblasts, cells that promote bone formation and maintenance.

DO A GUT CHECK

Probiotics help populate your microbiome with good bacteria, and the perks don't stop at better digestion. Taking a daily probiotic reduced bone loss by about half after a year in women ages 75 to 80, according to Swedish researchers. The breakdown of bones appears to be accelerated by inflammation, so they suspect that the gut bugs' anti-inflammatory effects may stave off this loss. Ask your doctor about a supplement, and try eating foods rich in probiotics, like yogurt and kefir, which are also known to support bone health.

→ **Get More Vitamin D** *Find more recipes full of this bone-building nutrient at eatingwell.com/vitaminD*

ILLUSTRATION BEN WISEMAN; ICONS MOTORAMA/SHUTTERSTOCK

Does Milk Really Do a Body Good?

This calcium superstar's bone health benefits have been called into question. Here's what you need to know. By Holly Pevzner

21%
How much lower the risk of hip fractures is for women who follow a Mediterranean diet.

Milk has been billed as a mighty bone-bolsterer since well before the days of the celebrity milk mustache. Bones are made up mostly of calcium and research shows that getting plenty of this nutrient early in life builds bone mass. "So of course you'd think, keep eating calcium as an adult for strong bones—and, in turn, prevent fractures," says Walter Willett, M.D., a professor of epidemiology and nutrition at Harvard T.H. Chan School of Public Health in Boston.

However, recent research has turned this conventional wisdom on its head—at least when it comes to adults—and caused a lot of public confusion. A study published in the *British Medical Journal* found that every serving of milk a day increased the risk of a fracture by 9 percent. And a 2017 meta-analysis in the *Journal of the American Medical Association* concluded that calcium supplements also did nothing to reduce the risk of breaking a bone. What gives?

First, the *BMJ* study showed only that people who drank more milk had more fractures. What it didn't prove? That the dairy *caused* those fractures, rather than some other factor. Even the researchers say that women who have osteoporosis—which means they already have an increased risk of breaks—may be seeking out more milk for its bone health reputation, not that the milk itself weakened their bones.

If drinking milk doesn't cause fractures, will it help *prevent* them? "That's a little complicated," says Shivani Sahni, Ph.D., director of nutrition at the Hinda and Arthur Marcus Institute for Aging Research in Boston, who studies diet and osteoporosis. "The calcium you get from dairy is essential for building bone mass through your early 20s. It also helps prevent bone loss later in life. But the association between dairy consumption and a lower risk of fracture isn't well established. There haven't been enough studies." And some studies show it can reduce breaks, while others say it can't. The research has been just as inconclusive about calcium supplements. But last year, the U.S. Preventive Services Task Force, an independent panel of experts, reviewed all the data and concluded that there's not enough evidence to recommend women take calcium supplements to stave off bone breaks.

So, how can calcium help prevent bone loss, but possibly have no influence on fracture risk? Again: it's complicated. Your personal risk of breaks involves a lot more than just one mineral. "Hormonal changes after menopause, low physical activity, low muscle mass, balance issues—all of these factors greatly influence your odds of fracture," says Willett. Also, Sahni says to think about it like this: If you have osteoporosis, your goal is fracture prevention. And if you don't, then you want to prevent osteoporosis—and to do that you should, among other things, consume calcium.

The USDA recommends that most adults get 1,000 mg of the mineral a day. Aside from dairy, good sources of calcium include soybeans, salmon and leafy greens. The bulk of your calcium should be coming from your diet, says Sahni, because when you focus on food, you garner other benefits. "Lean protein, vitamin C, carotenoids, magnesium and other nutrients are all needed for bone health," she says. A study published in the *European Journal of Nutrition* found that people following a Mediterranean-style diet, filled with produce, nuts, fish and whole grains, had a 21 percent lower risk of hip fracture than those who ate a lot of sugar, refined grains and red meat. So, consume a variety of calcium-rich foods. If you want to talk to your doctor about a supplement, that's fine—just think of it as a safety net, not a primary calcium source. Also, make vitamin D a priority—it helps your body absorb calcium.

Although calcium gets much of the attention when it comes to bone health (despite lingering questions), it's far from the only solution. Regular exercise may be even more important. No controversy there. "The proof is amazingly consistent: physical activity, like resistance training and weight-bearing exercise, is very good for preventing fractures," says Willett. "It's probably the most important thing you can do to keep your bones healthy."

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The Truth Meter

You heard *what* at the gym? Here's what to believe. **By Julia Westbrook**

TRUE

Exercise makes you happy

Compared to sedentary people, those who regularly got their sweat on had 43% fewer gloomy days over the course of the month, according to a study of 1.2 million Americans. The peak benefits were achieved with 45-minute workouts, 3 to 5 days a week.

Source: The Lancet Psychiatry

IT COULD WORK

Pickle juice stops muscle cramps

The claim: pickle juice's electrolytes—nutrients that help your muscles contract and relax—prevent muscles from seizing up. Preliminary research supports that drinking about 2½ oz. of brine can shorten a cramp by 50 seconds. But it's probably not due to the tiny electrolyte dose. So what's up? One theory: Muscles cramp when overexcited spinal nerves tell them to contract too much. Pickle juice's sourness may trigger a reflex in your throat that makes those nerves chill.

Source: Medicine & Science in Sports & Exercise

FALSE

The keto diet boosts athletic performance

Don't buy the locker-room hype. Multiple studies show no boon to strength or stamina from this super-low-carb, high-fat diet. In fact, elite athletes training for 3 weeks for a speed-walking race saw their pace increase 7% while eating plenty of carbs (60-65% of their calories, or 300 g of total carbs on a 2,000-calorie diet), but showed no improvement on the keto diet.

Source: The Journal of Physiology

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Think Outside the Box

Sure, cereal with milk is great and all, but why stop there? Skewer banana halves on popsicle sticks, cover with nut butter and roll in your favorite cereal. Then, just grab and go! Or throw them in the freezer for a couple hours for a more chill treat. *By Joyce Hendley*

MAREN CARUSO, STYLING: ALICIA DEAL (FOOD)

Dynamic Duos

Celery sticks with peanut butter. Crackers and cheese. Some of your favorite snack combos are great for a reason: they include a powerful one-two punch of protein and fiber. You digest that combo slowly, helping you feel satisfied longer. Give these power pairings a try.

Blue Diamond Fiery Ghost Pepper Almonds & Tart Cherries
In this snack pack for thrill seekers, spicy nuts meet tangy dried fruit for a sweet and savory flavor explosion. *150 cal / 4g protein / 2g fiber*

Parm Crisps Trios Tropical
Parmesan cheese crisps, crunchy roasted almonds and pumpkin seeds, and sweet dried pineapple and mango quash any afternoon craving. *260 cal / 13g protein / 3g fiber*

DairyPure Mix-ins Cottage Cheese with Blackberries & Granola
You'll get more fiber from granola and blackberries than your typical peach, pineapple or pear topping. *190 cal / 15g protein / 2g fiber*

Oscar Mayer Natural Turkey Breast & Asiago Cheese Plate with Whole-Wheat Crackers
This preportioned meat, cheese and cracker platter was made for on-the-go snacking. *290 cal / 16g protein / 3g fiber*

Sabra Hummus Snacker
Flat pretzels provide ample surface area for the perfect scoop of classic creamy hummus. Kids *and* adults will love the all-in-one grab-&-go package. *370 cal / 10g protein / 5g fiber*

Graze Veggie Protein Power
Combining beans with nuts is a twofer of fiber- and nutrient-rich protein. Here they're roasted crisp with a mouthwatering peppery spice blend. *170 cal / 10g protein / 6g fiber*

MAREN CARUSO, STYLING: ALICIA DEAL (FOOD)

ORDER A HEALTHY DRINK THAT DOESN'T HAVE MORE SUGAR THAN A MILKSHAKE

Smoothie Smarts

SIZE MATTERS The cups at smoothie shops lean big—a "small" might be 20 ounces. To keep calories reasonable, choose a size in the 8- to 16-ounce range (there's no shame in kid-size).

BE PROTEIN-FORWARD Include protein in your blend to help avoid blood sugar spikes and stay fuller longer. Try yogurt, kefir, milk, whey or soy protein, nut butter or seeds. Plus, many of these protein-rich boosts include healthy fats, fiber and calcium bonuses.

CHOOSE WHOLE-SOME Look for drinks with whole fruits and vegetables at the top of the ingredient list. Skip those front-loaded with fruit juice or concentrates, which add sugar without the beneficial fiber.

WATCH THE ADDED SUGAR Sugar, honey, agave and maple can push sugars into the sky-high zone. Opt for smoothies sweetened with whole fruit or simply ask for no added sweeteners when you order. Watch out for sugary ingredients like sherbet, sorbet, frozen yogurt and lemonade too.

Our Jams at Jamba Juice

All servings 12 ounces (size small)

Orange Carrot Karma Smoothie with a Whey Protein Boost
Bananas and mangoes are whirred up with carotenoid-rich carrot juice. Whey protein delivers a satisfying punch and, with all that orange produce you get 430% of the daily value for vitamin A. *230 cal / 3g fiber / 15g protein*

Pistachio Power Smoothie
Go nuts for this blend of almond milk, pistachios, soy protein and kale that delivers antioxidants and enough staying power to make it a meal. Mango makes it sweet. *440 cal / 6g fiber / 18g protein*

Protein Berry Workout Smoothie
Classic fruit buddies strawberry and banana get a protein boost from a blend of soymilk and your choice of whey or soy protein. *290 cal / 3g fiber / 16-17g protein*

The Simms bask on a sunny afternoon in Malibu high above the Pacific. *Clockwise from the head of the table:* Sarah Simms Hendrix, Boo Simms, Matthew Simms, Alycia Simms and Kelly Hendrix.

Get On Board

This summer, do like the Simms family and center all your get-togethers around artfully arranged boards of fresh produce, artisanal cheese and salumi.

BY
KIMBERLY STEVENS

RECIPES BY
SARAH SIMMS HENDRIX

LOCATION PHOTOGRAPHY BY
TANVEER BADAL

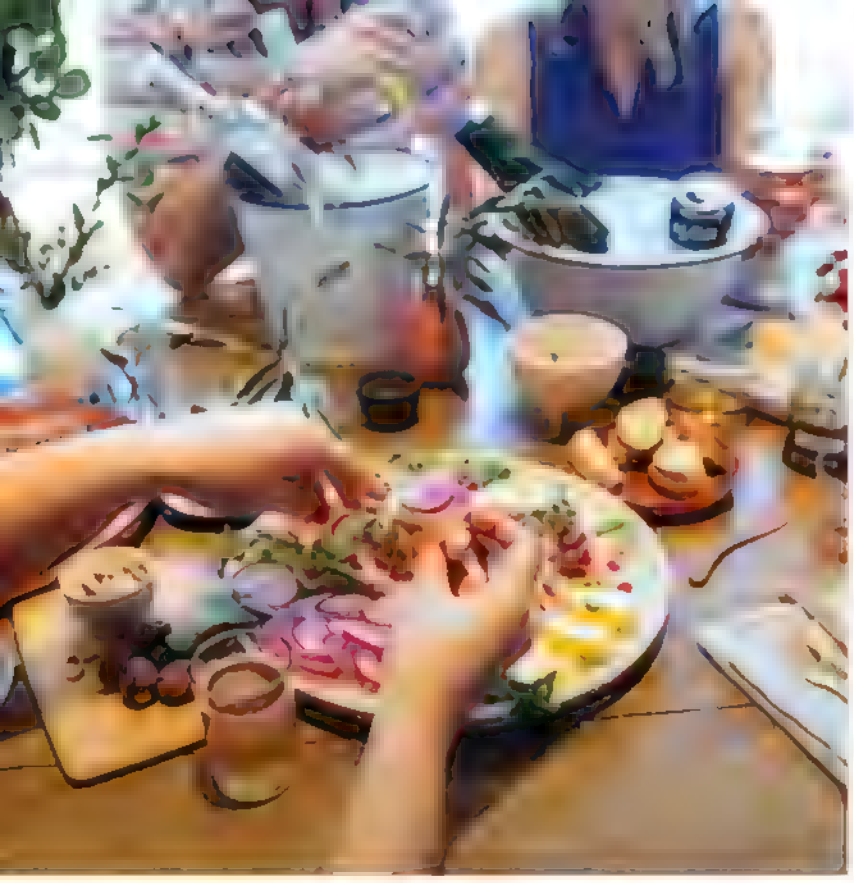
FOOD PHOTOGRAPHY BY
LEIGH BEISCH

In the age of unlimited DIY entertaining ideas on Pinterest and party-ready gadgets like chocolate fountains it may seem odd that the good old cheese board is at the heart of a craze, but it is. At its core, it's a humble workhorse: the foundation for a beautiful array of delicious food, easily transported and just as easy to refill and restock. But done well, it can be the sparkling focal point, and even the key to a successful event.

"There is something unusually compelling about a cheese board," says Sarah Simms Hendrix, co-owner of Lady & Larder, an L.A.-based company that specializes in serving boards overflowing with local ingredients. "Everyone gravitates toward it. It's human, we're looking for ways to connect, and a cheese board can make that happen."

And of course, for a busy host, nothing is more freeing than the ability to create a beautiful board, put it down and walk away. It can be made in advance, or at the last minute, without a lot of effort.

In 2015, Hendrix, while working as a private chef, started noticing serving boards—and creative ones at that—were



"It's human, we're looking for ways to connect, and a cheese board can make that happen."

Boo Simms *(left)*, a former graphic designer, and her culinary-trained twin, Sarah, have collaborated prior to Lady & Larder. The two teamed up to produce the food and decorations for Sarah's wedding, which was showcased by Martha Stewart.

appearing at all kinds of parties. "The more artful and designed the boards were, the more popular they were," she says. So Hendrix started making them on the side for other parties and it quickly became clear this was its own business. After sketching out a plan over cocktails during Christmas break that year, Hendrix along with her brother, Matthew Simms, and her sister, Boo Simms, started Lady & Larder.

Third-generation restaurant kids, the siblings felt as comfortable in the food business as at home. Through word of mouth at first, they started selling boards that featured seasonal fare bought from local producers.

"These aren't just any boards," Hendrix says. "They're brimming with the just-picked-that-morning splash of beautiful color and charisma. It is literally magnetic. You put it out and suddenly everyone is looking, trying things. They're striking up conversations, they're connecting." *(See her tips on page 69.)*

The new business was truly a family affair with Sarah and Matthew handling the ingredient-sourcing and board-building side of things, while Boo focused on identity and branding for the company.

Beyond the buzz from customers, social media was their other marketing tool. The colorful boards became an instant hit on Instagram, and within weeks they were catering to A-list celebrities and provisioning Hollywood events.

Part of it was lucky timing—their all-board concept coincided with a boom in artisan foods. Their loyalty to local farmers and producers is steadily paying off, netting them unusual ingredients and specialty produce, such as 'Mara des Bois' strawberries, 'Pink Lemonade' blueberries, blush radishes and a new variety called 'Sugar Cube' melon, to name just a few. "The stronger our relationships are with our farmers, the better our boards get, every day," says Hendrix.

Lady & Larder is growing quickly. Last year Williams-Sonoma signed them on to sell their boards throughout the holidays, and they just recently opened a retail shop where Angelenos can pick up orders as well as purchase many of their locally sourced ingredients.

"In the end, it all comes back to a beautifully crafted board," Hendrix says. "It can't only look good; it has to taste fabulous and it has to have soul."

KIMBERLY STEVENS *is author of* Savor: Entertaining with Charcuterie, Cheese, Spreads & More. *She lives in Los Angeles.*

LOCATION, MARY KATE VAN DEN BERG (PRODUCER); STYLING: LYDIA HOWERTON (FOOD), REBECCA ABRAHAM (MAKEUP), BEKAH LESSER (HAIR)

Summer Melon

- Watermelon
- Cantaloupe
- Honeydew
- Feta cheese
- Pecorino Romano cheese
- Prosciutto (thin-sliced)
- Fresh mint
- Fresh basil
- Lime wedges
- Flaky salt, such as Maldon

Nordic

MAKE THESE:

Fridge Pickles

Medium-Boiled Eggs

BUY THESE:

Gravlax salmon

Rye crispbread

English cucumber

Tomatoes

Capers

Crème fraîche

Lemon wedges

Building a Better Board

BY SARAH SIMMS HENDRIX

1 A board is only as good as the stuff you put on it, so get the absolute best fruit, vegetables, meats, cheese, nuts and anything else you decide to serve. If that means paring back a bit, and you only get a few top-quality items, that's fine.

2 When arranging a board, work in odd numbers for visual effect. For instance, one wheel of cheese or three types of cheese, or a variety of five. That goes for everything else as well.

3 Have the butcher or deli counter slice meats as thinly as possible. This allows you to stack it high. Don't be shy. You want to serve the meat in airy little piles instead of slabs or rolls that don't look that great and can be difficult to pick up and eat.

4 The flavor and texture of many foods, especially meats and cheeses, are optimal at room temperature, so be sure to take things out of the refrigerator in advance.

5 You always want to include something lush and alive, whether that means sprigs or bunches of herbs, fresh fruit or a even a branch with some green leaves from your backyard. Keep the stems on strawberries and radishes and a little bit of green top on carrots. The more natural the fruits and vegetables look, the more guests want to grab them.

Nordic

Fridge Pickles

ACTIVE: 15 min **TOTAL:** 25 hrs
TO MAKE AHEAD: Refrigerate for up to 3 weeks.
EQUIPMENT: 2 to 3 pint-size (2-cup) mason jars
Since these pickles are meant to be eaten within a few weeks, the brine doesn't need to be canning strength. In this case that means way less salt and a mild blend of vinegar and water, all of which allows the flavors of your vegetables to shine through. (Photo: page 68.)

- **1 pound vegetables, such as mini cucumbers, fennel, carrots, beets *or* green beans**
- **2⅔ cups white, champagne *or* rice vinegar**
- **1⅓ cups water**
- **4 teaspoons sugar**
- **1¼ teaspoons kosher salt**
- **3-4 sprigs fresh dill *or* fennel fronds**
- **¾ teaspoon coriander seeds**
- **¾ teaspoon mustard seeds**
- **¾ teaspoon black peppercorns**

Cut vegetables as desired, then tightly pack into 2 or 3 pint-size (2-cup) mason jars. (If using beets, give them their own jar.) Combine vinegar, water, sugar, salt, dill (or fennel fronds), coriander and mustard seeds and peppercorns in a medium saucepan. Bring to a simmer over medium-high heat, about 4 minutes. Pour the brine over the vegetables. Let cool to room temperature, about 1 hour. Refrigerate for at least 24 hours before serving.
SERVES 18: about ⅓ cup each
CAL 8 / **FAT** 0G (SAT 0G) / **CHOL** 0MG / **CARBS** 2G / **TOTAL SUGARS** 1G (ADDED 1G) / **PROTEIN** 0G / **FIBER** 0G / **SODIUM** 143MG / **POTASSIUM** 38MG.

Medium-Boiled Eggs

ACTIVE: 5 min **TOTAL:** 20 min
To add eggs with jammy-textured yolks to a board, cook as many as you need for your party. (Photo: page 68.)

- **Large eggs**

Place eggs in a single layer in a saucepan and cover with water. Bring to a simmer over medium-high heat. Reduce heat to maintain a bare simmer and cook for 7 minutes. Immediately transfer the eggs to a bowl of ice-cold water and let stand until cool enough to handle. (For fully cooked hard-boiled eggs, cook in boiling water for 10 minutes before transferring them to the cold water.) Peel the eggs and halve lengthwise.
SERVING SIZE: ½ egg each
CAL 36 / **FAT** 2G (SAT 1G) / **CHOL** 93MG / **CARBS** 0G / **TOTAL SUGARS** 0G (ADDED 0G) / **PROTEIN** 3G / **FIBER** 0G / **SODIUM** 36MG / **POTASSIUM** 35MG.

Southern

MAKE THESE:
Lady & Larder's Deviled Eggs
Spiced Pecans
Pimiento Cheese Dip

BUY THESE:
Fresh chèvre and pepper jelly
Shaved smoked ham
Cornichons
Pickled mustard seeds or whole-grain mustard
Peaches
Cherries
Buttery crackers
Pretzels
Hot sauce

Southern

Lady & Larder's Deviled Eggs

ACTIVE: 20 min **TOTAL:** 40 min
TO MAKE AHEAD: Refrigerate hard-boiled eggs (Step 1) for up to 2 days. Refrigerate deviled eggs (Steps 2-3) for up to 1 day.
The flavor of the creamy yolk filling for these eggs is classic. Serve them alongside your favorite hot sauces so everyone can add their own custom kick to the little devils.

- **6 large eggs**
- **3 tablespoons mayonnaise**
- **2 tablespoons finely chopped celery**
- **2 tablespoons sweet pickle relish**
- **2 tablespoons finely chopped chives**
- **1 teaspoon yellow mustard**
- **½ teaspoon Dijon mustard**
- **Pinch of kosher salt**
- **Hot sauce & ground pepper for serving**

1. Place eggs in a single layer in a medium saucepan and cover with water. Bring to a simmer over medium-high heat. Reduce heat to maintain a bare simmer and cook for 10 minutes. Immediately transfer the eggs to a bowl of ice-cold water and let stand until cool enough to handle.
2. Peel the eggs and halve lengthwise with a sharp knife. Gently remove the yolks and place in a medium bowl. Add mayonnaise, celery, pickle relish, chives, yellow and Dijon mustards and salt to the yolks. Mash with a fork until chunky.
3. Spoon about 1 tablespoon of the filling into each egg white half. Serve topped with hot sauce and pepper, if desired.
SERVES 12: ½ egg each
CAL 63 / **FAT** 5G (SAT 1G) / **CHOL** 94MG / **CARBS** 1G / **TOTAL SUGARS** 1G (ADDED 0G) / **PROTEIN** 3G / **FIBER** 0G / **SODIUM** 98MG / **POTASSIUM** 41MG.

Spiced Pecans

ACTIVE: 20 min **TOTAL:** 1 hr 40 min
TO MAKE AHEAD: Store airtight at room temperature for up to 1 week.
EQUIPMENT: Parchment paper
Making this delicious nibble is very simple but also a rare instance where the recipe is meant to take longer in order to make it easier. Most nuts can burn faster than you can say "What's that smell?"—so here they're baked low and slow to avoid any nasty surprises.

- **1 large egg white**
- **1 tablespoon water**
- **6 tablespoons superfine sugar**

BOARD STYLING: ALICIA DEAL (FOOD), GLENN JENKINS (PROPS); SOURCES: ELSIEGREEN.COM (VINTAGE BOARDS); HENRYSTREETSTUDIO.COM (BOWL, P 69)

- ½ teaspoon kosher salt
- ¼ teaspoon ground allspice
- ¼ teaspoon ground cloves
- ¼ teaspoon ground nutmeg
- Pinch of ground cinnamon
- Pinch of cayenne pepper
- 4 cups pecan halves (about 1 pound)

1. Preheat oven to 275°F. Line a rimmed baking sheet with parchment paper.
2. Whisk egg white, water, sugar, salt, allspice, cloves, nutmeg, cinnamon and cayenne in a large bowl. Add pecans and stir to coat evenly. Spread in a single layer on the prepared pan.
3. Bake for 30 minutes. Rotate the pan from back to front and continue baking until the nuts are crispy and dry to the touch, about 30 minutes more. Let cool completely on the pan, about 20 minutes. Break apart before serving.
SERVES 20: ¼ cup each
CAL 151 / **FAT** 14G (SAT 1G) / **CHOL** 0MG / **CARBS** 6G / **TOTAL SUGARS** 4G (ADDED 4G) / **PROTEIN** 2G / **FIBER** 2G / **SODIUM** 51MG / **POTASSIUM** 85MG.

Pimiento Cheese Dip

ACTIVE: 15 min **TOTAL:** 15 min
TO MAKE AHEAD: Refrigerate for up to 1 week.
Aleppo pepper, a mild and fruity chile, is unusual yet a good fit for pimiento cheese. Ancho chile or even hot sauce works as well.

- 8 ounces sharp Cheddar cheese, crumbled
- ½ cup mayonnaise
- 2 ounces reduced-fat cream cheese, softened
- 3 tablespoons drained jarred chopped pimientos
- ⅛ teaspoon Aleppo pepper
- ⅛ teaspoon ground pepper

Combine Cheddar, mayonnaise, cream cheese, pimientos, Aleppo and ground pepper in a food processor. Pulse, scraping down the sides as necessary, until smooth, about 45 seconds.
SERVES 14: 2 Tbsp. each
CAL 130 / **FAT** 12G (SAT 5G) / **CHOL** 20MG / **CARBS** 1G / **TOTAL SUGARS** 0G (ADDED 0G) / **PROTEIN** 4G / **FIBER** 0G / **SODIUM** 174MG / **POTASSIUM** 25MG.

Summer Crudités

California Avocado Hummus

ACTIVE: 20 min **TOTAL:** 20 min
TO MAKE AHEAD: Refrigerate for up to 1 day.
Guacamole meets chickpeas for a Cali-Middle East mashup. Jalapeños can be hot or not so much—taste and adjust for your palate.

- 4 ripe avocados
- 1 15-ounce can chickpeas, rinsed
- ½ cup finely diced red onion
- 1 jalapeño, finely diced
- ¼ cup chopped fresh cilantro, plus more for serving
- ¼ cup lime juice
- 1 clove garlic, minced
- 2 tablespoons extra-virgin olive oil
- 2 teaspoons kosher salt

Combine all ingredients in a food processor. Puree, scraping down the sides as needed, until smooth. Garnish with more cilantro, if desired.
SERVES 28: 2 Tbsp. each
CAL 69 / **FAT** 5G (SAT 1G) / **CHOL** 0MG / **CARBS** 5G / **TOTAL SUGARS** 1G (ADDED 0G) / **PROTEIN** 1G / **FIBER** 3G / **SODIUM** 159MG / **POTASSIUM** 158MG.

Blue Cheese & Herb Dip

ACTIVE: 25 min **TOTAL:** 25 min
TO MAKE AHEAD: Refrigerate for up to 3 days.
The concentrated dairy flavor of labneh, a strained yogurt, combined with 2 cups of crumbled blue cheese makes this dip exciting. Thin leftovers with more vinegar to make a dressing.

- 2 cups low-fat labneh *(see Tip, below)* or reduced-fat sour cream
- 1½ cups mayonnaise
- 1 tablespoon chopped fresh basil
- 1 tablespoon chopped fresh chives
- 1 tablespoon chopped fresh parsley
- 1 tablespoon chopped fresh tarragon
- 1 tablespoon sugar
- 1 tablespoon red-wine vinegar
- 1 tablespoon Worcestershire sauce
- 1 teaspoon garlic powder
- ¼ teaspoon ground pepper
- 2 cups crumbled blue cheese (8 ounces)

Combine labneh (or sour cream), mayonnaise, basil, chives, parsley, tarragon, sugar, vinegar, Worcestershire, garlic powder and pepper in a food processor and pulse until smooth. Transfer to a medium bowl and mix in blue cheese.
SERVES 36: 2 Tbsp. each
CAL 103 / **FAT** 9G (SAT 3G) / **CHOL** 10MG / **CARBS** 2G / **TOTAL SUGARS** 2G (ADDED 0G) / **PROTEIN** 3G / **FIBER** 0G / **SODIUM** 151MG / **POTASSIUM** 78MG.

TIP: To make 2 cups low-fat labneh, line a large fine-mesh sieve with four layers of cheesecloth. Set over a bowl deep enough to leave at least 3 inches between the bottom of the sieve and the bowl. Spoon in 4 cups low-fat plain yogurt. Refrigerate until the yogurt is quite thick and at least 1 cup of liquid has drained into the bowl, 12 to 24 hours. (Discard the liquid.)

FIELD TO FIESTA

Rick Bayless has opened nine restaurants, starred in a TV show (*Mexico—One Plate at a Time*, currently in its 12th season), written nine cookbooks and won *Top Chef Masters*. And even if those achievements haven't been on your radar, you've probably noticed products bearing his brand name: Frontera, at your local supermarket. (Don't miss the jarred salsas!) Bottom line: This guy's career has got some serious legs. Why? In our opinion it all boils down to the fact that the food he makes is undeniably craveable. And that's why we tapped him to share vegetable-forward recipes to cook at all your fiestas this season. **Food photography by Eva Kolenko**

RICK B/L'

"Tacos are a perfect choose-your-own-adventure food for parties," Bayless says. Everyone gets to assemble their own, just as they like 'em. Put out a spread with spicy chipotle-slathered steak and a creamy veggie sauté starring squash blossoms, corn and summer squash (*recipes on p.80*) to please both omnivores and vegetarians. Lime wedges and pickled jalapeño slices are welcome toppers, and grilled long beans with a spicy chile sauce (*opposite*) make a tasty accompaniment.

GRILLED LONG BEANS WITH CREAMY PASILLA CHILE

ACTIVE: 1 hr **TOTAL:** 1 hr

While long beans aren't traditional in Mexican cuisine, Bayless loves them so much he grows them on the rooftop of one of his restaurants, Topolobampo. You can use ancho chiles in place of pasillas, though the flavor won't be as nuanced. Look for dried chiles in the produce department or in the spice section.

- **1 ounce dried pasilla (negro) chiles (about 6 medium)**
- **3 tablespoons extra-virgin olive oil, divided**
- **1 medium onion, sliced ¼-inch thick**
- **4 cloves garlic, finely chopped**
- **½ cup Mexican crema *(see Tip, page 80) or* crème fraîche**
- **¼ cup water**
- **½ teaspoon salt, divided**
- **1 teaspoon red-wine vinegar**
- **1 pound long beans *or* green beans, trimmed**

1. Remove stems, seeds and membranes from chiles. Heat a medium skillet over medium-high heat. Add the chiles and toast, turning with tongs and pressing down on them frequently, until very fragrant, 2 to 3 minutes. Transfer to a bowl and add enough cold water to cover. Place a plate on top of the chiles to keep them submerged and soak until very soft, 30 to 45 minutes. Drain and cut into ¼-inch-wide strips.

2. Preheat grill to medium. (*If using green beans, place a grill basket on the grill while it preheats.*)

3. Meanwhile, heat 1 tablespoon oil in the pan over medium heat. Add onion and cook, stirring occasionally, until very soft and golden brown, about 8 minutes. Add garlic and cook, stirring, for 1 minute. Remove from heat.

4. Using a slotted spoon, transfer half of the onion mixture to a mini food processor. Transfer the other half to a small bowl, leaving as much oil as possible in the pan. Add 1 tablespoon oil to the pan and return to medium heat. Add the chile strips and cook, stirring constantly, until the chiles are aromatic and have changed color, about 1 minute.

5. Add half the chiles to the food processor along with crema (or crème fraîche), water and ¼ teaspoon salt. Blend until smooth, 1 to 2 minutes. Scrape the sauce back into the pan. Cover and place over low heat to keep warm.

6. Add the remaining chiles to the onion mixture in the bowl. Stir in vinegar and ⅛ teaspoon salt.

7. Toss beans with the remaining 1 tablespoon oil and ⅛ teaspoon salt. Grill, turning often, until tender-crisp, about 6 minutes. Serve the beans with the sauce and the chile-onion mixture.

SERVES 4: 1 cup each

CAL 246 / **FAT** 17G (SAT 5G) / **CHOL** 20MG / **CARBS** 19G / **TOTAL SUGARS** 3G (ADDED 0G) / **PROTEIN** 4G / **FIBER** 8G / **SODIUM** 324MG / **POTASSIUM** 526MG.

BUILDING A STRONG FOUNDATION

How Chef Rick Bayless' Frontera Farmer Foundation is helping the Windy City's local food scene prosper. By Sara Ventiera

Chicago Patchwork Farms had a problem. It was summer 2013 and Chicago was experiencing record-breaking heat into September. Katie Williams and Elise Robison, co-owners of the urban farm, were spending thousands of dollars trucking in ice to cool their harvest while they waited to distribute it. Still, the beautiful produce they coaxed from their plots around the city looked sad and limp. The farmers, obsessed with being eco-friendly, felt guilty watching resources melt away.

"It wasn't very sustainable," says Williams. They needed a fridge and a means to power it, but like many small-scale farmers, they were just scraping by. The following year, their dilemma was solved with Rick Bayless' help.

Though he's best known for drawing attention to the intricacies of Mexican cuisine at his nine Chicago restaurants, Bayless has also been a driving force in growing Chicago's food scene. His nonprofit, Frontera Farmer Foundation, offers grants of up to $12,000 to help small farms that serve the Windy City market. Since its inception in 2003, Frontera Farmer Foundation has infused more than $2 million into nearly 200 Midwest family farms, allowing many to thrive in an increasingly difficult business.

That money was a godsend for Williams and Robison. They used their grant to build an agricultural-grade walk-in fridge and purchase solar panels to power it. Without Bayless, they would have never been able to make this upgrade. "Our margins are so low," says Williams. "We're not at the scale where $12,000 could be reasonable savings for us."

It was stories like theirs that prompted the chef to start the foundation. In the late '90s, Bill Warner of Snug Haven Farm brought Bayless what the chef says was "the best spinach I had ever tasted in my life" in the dead of winter. He wanted more, but Warner didn't have enough space in his hoop house or the funds to build another. So Bayless said, "What if we buy you a hoop house and you pay us off in spinach?" Realizing the potential of this sort of arrangement, Bayless started his own fund to help the farmers that supplied his restaurant make improvements to their land. And since he was also already donating a lot of his and his staff's time to other fundraisers, Bayless thought, *Why don't we put all of our efforts into our own foundation?*

Most of the money comes from an annual fundraising dinner and silent auction and is supplemented by Bayless himself through donations of his speaking and appearance fees. Grants have been awarded for everything from building chicken houses and buying tractors to helping seventh-generation Illinois farmer Marty Travis of Spence Farm revive the nearly extinct Iroquois corn that goes into Bayless' tortillas.

There are a handful of cases, like Travis', in which the grants do end up benefiting Bayless' restaurant, but that is not the goal of the nonprofit. It's about ensuring survival of the local food system and the farmers that supply it. "It helps make the farms financially viable so the farmers can stay on the farm," says Bayless.

SARA VENTIERA *is an L.A.-based journalist who covers agriculture, food trends and culture.*

KEVIN BANNA

One of the goals of Bayless' most recent cookbook, *More Mexican Everyday,* is to make you a more nimble cook. The recipes for this salad and chicken *(on p.78)* will do just that. They are meant to be changed based on what you like and what looks awesome at the market.

MIXED VEGETABLE SALAD WITH LIME DRESSING

ACTIVE: 30 min **TOTAL:** 30 min

Using potatoes and green beans gives this gorgeous salad a salade niçoise *feel, but you can use whatever suits your fancy. If you steam any of the vegetables, don't overcook them—if they're mushy they'll fall apart when you toss them with the dressing. For our handy guide to steaming times, go to* eatingwell.com/steamedveg. (Photo: page 77.)

- **¼ cup canola oil**
- **¼ cup extra-virgin olive oil**
- **3 tablespoons lime juice**
- **1½ tablespoons finely chopped fresh cilantro**
- **½ teaspoon salt**
- **½ teaspoon ground pepper**
- **2 cups mixed vegetables (steamed: sliced small red potatoes, carrots or beets, green beans, peas; raw: sliced radishes, cucumbers or tomatoes)**
- **6 leaves romaine *or* leaf lettuce**
- **1 small bunch watercress, large stems removed**
- **1 hard-boiled large egg, sliced**
- **1 thick slice red onion, broken into rings**
- **Crumbled Mexican queso fresco, feta *or* farmer's cheese for garnish**

1. Whisk canola and olive oils, lime juice, cilantro, salt and pepper in a medium bowl until thoroughly blended. Add mixed vegetables and toss to coat.

2. Line a large serving platter with lettuce. Scoop the dressed vegetables onto the platter. Surround with watercress and top with egg, onion and cheese, if desired.

SERVES 6: 1½ cups each

CAL 214 / **FAT** 20G (SAT 2G) / **CHOL** 31MG / **CARBS** 8G / **TOTAL SUGARS** 2G (ADDED 0G) / **PROTEIN** 3G / **FIBER** 2G / **SODIUM** 217MG / **POTASSIUM** 304MG.

BEER-GLAZED CHICKEN WITH GRILLED SUMMER VEGETABLES

ACTIVE: 1¼ hrs **TOTAL:** 1¼ hrs

TO MAKE AHEAD: Refrigerate glaze (Step 2) for up to 2 days.

Grilling the chicken and summer vegetables is a no-brainer, but in colder months, you may wish to move indoors and roast the chicken, along with some root vegetables. Whatever the weather, it's worth seeking out piloncillo *for the beer glaze. This unrefined sugar used in Mexican cooking is made from evaporated cane juice. Its complex caramelized flavor balances any bitterness in the beer. Look for it in Latin markets and online.* (Photo: page 77.)

- **1 tablespoon dried oregano, preferably Mexican**
- **1 teaspoon ground pepper**
- **¾ teaspoon salt, divided**
- **½ teaspoon ground cumin**
- **¾ cup dark Mexican beer**
- **6 cloves garlic, peeled**
- **3 tablespoons grated *piloncillo* *or* brown sugar**
- **½ teaspoon crushed red pepper**
- **4 chicken leg quarters (about 2¼ pounds total)**
- **2 medium zucchini, cut diagonally into ¼-inch-thick slices**
- **2 medium red onions, cut into ¼-inch-thick rounds**
- **2 ears corn, husked and halved**
- **2 tablespoons canola *or* extra-virgin olive oil**
- **Sliced scallions *or* chives for garnish**

1. Preheat grill to medium-high.

2. Mix oregano, pepper, ½ teaspoon salt and cumin in a small bowl. Combine beer, garlic, *piloncillo* (or brown sugar), crushed red pepper and 1 tablespoon of the spice mixture in a small saucepan. Bring to a simmer over medium heat. Reduce heat to maintain a low simmer and cook, stirring often, until the sauce is reduced to ¼ cup, 20 to 25 minutes.

STYLING: MARIAN CAIRNS (FOOD), NATASHA KOLENKO (PROPS)

You'll want to put this easy dessert on repeat all summer, so hold your phone's camera over the smart code to save it to your *eatingwell.com* favorites.

3. Pat chicken dry and rub with the remaining spice mixture. Oil the grill rack. Grill the chicken, turning occasionally, until an instant-read thermometer inserted into the thickest part without touching bone registers 155°F, 14 to 16 minutes total. Brush the chicken with about half of the beer glaze. Grill until slightly charred, 1 to 2 minutes. Turn the chicken over and brush with the remaining glaze. Grill until slightly charred and an instant-read thermometer registers 165°F, about 2 minutes more. Transfer the chicken to a platter and cover loosely with foil to keep warm.

4. Toss zucchini, onions and corn with oil and the remaining ¼ teaspoon salt in a large bowl. Grill, turning occasionally, until tender and lightly charred, 6 to 8 minutes. Serve the chicken with the vegetables, topped with scallions (or chives), if desired.

SERVES 4: 1 piece chicken, ¾ cup vegetables & ½ ear corn each

CAL 467 / **FAT** 21G (SAT 5G) / **CHOL** 115MG / **CARBS** 32G / **TOTAL SUGARS** 18G (ADDED 10G) / **PROTEIN** 36G / **FIBER** 3G / **SODIUM** 553MG / **POTASSIUM** 767MG.

FRESH BERRIES WITH WARM TEQUILA-LIME ESPUMA

ACTIVE: 20 min **TOTAL:** 20 min

TO MAKE AHEAD: Store pepitas (Steps 1-2) airtight at room temperature for up to 1 day.

Espuma means foam in Spanish, but you don't need any fancy molecular gastronomy equipment to make it. Sort of a cross between French mousse and the Italian custard zabaglione, *tequila, lime and orange give it zing. Its airiness doesn't hold, so make it just before you're ready for dessert.*

- **⅓ cup pepitas**
- **1 tablespoon pure maple syrup**
- **2 teaspoons canola oil**
- **Pinch of salt**
- **2 pounds mixed fresh berries**
- **4 large egg yolks**
- **¼ cup sugar**
- **¼ cup tequila**
- **2 tablespoons orange juice**
- **1 teaspoon lime zest, plus more for garnish**
- **2 tablespoons lime juice**

1. Preheat oven to 350°F. Line a baking sheet with parchment paper.

2. Toss pepitas, maple syrup, oil and salt in a small bowl. Spread the mixture on the prepared baking sheet. Bake, stirring frequently, until fragrant, 10 to 15 minutes. Let cool (the pepitas will crisp as they cool).

3. Meanwhile, cut any large berries in half or quarters. Combine the berries in a large bowl.

4. Fill a large saucepan with 1 inch water and set it over medium-high heat. Whisk egg yolks, sugar, tequila, orange juice, lime zest and lime juice in a stainless-steel bowl large enough to rest in the pan without touching the water. Adjust the heat so the water is at a low simmer and nestle the bowl into the pan. Whisk the yolk mixture constantly until thick and fluffy and an instant-read thermometer inserted in the espuma registers 145°F, 4 to 6 minutes. Remove the bowl from the pan.

5. Serve the berries with the espuma and pepitas. Garnish with more lime zest if desired. Serve immediately.

SERVES 8: ½ cup berries, ¼ cup espuma & 2 tsp. pepitas each

CAL 168 / **FAT** 6G (SAT 1G) / **CHOL** 92MG / **CARBS** 22G / **TOTAL SUGARS** 15G (ADDED 8G) / **PROTEIN** 4G / **FIBER** 5G / **SODIUM** 36MG / **POTASSIUM** 181MG.

The recipes for Grilled Long Beans (page 75); Beer-Glazed Chicken with Grilled Summer Vegetables; Fresh Berries with Warm Tequila-Lime Espuma; and Squash Blossom & Corn Tacos (page 80) are adapted from More Mexican Everyday. *The recipes for Mixed Vegetable Salad and Chipotle Skirt Steak Tacos (page 80) are adapted from* RickBayless.com.

PAGE 73: SERGI ALEXANDER/STRINGER/GETTY IMAGES

SQUASH BLOSSOM & CORN TACOS

ACTIVE: 45 min **TOTAL:** 45 min

Squash blossoms are cooked in great quantities and myriad ways year-round in Mexico. They are very perishable, so it's best to use them within a day of purchasing. Wrap loosely in paper towels and store in the refrigerator. (Photo: page 74.)

- **4 medium poblano peppers (about 1 pound)**
- **3 tablespoons canola *or* extra-virgin olive oil, divided**
- **1 large white onion, sliced ¼ inch thick**
- **2 cloves garlic, finely chopped**
- **½ teaspoon dried oregano, preferably Mexican**
- **2 medium summer squash (about 1 pound), cut into ⅜-inch cubes**
- **1 cup corn kernels, fresh (from 1-2 ears) *or* frozen**
- **12 squash blossoms, stems and stamens removed, sliced crosswise into ¼-inch strips**
- **¾ cup Mexican crema *(see Tip)* *or* crème fraîche**
- **1 teaspoon salt**
- **12 corn tortillas, warmed**
- **⅓ cup crumbled goat cheese, queso fresco *or* feta**

1. Preheat broiler to high. Line a baking sheet with foil.

2. Arrange poblanos on the prepared pan and broil 4 inches from the heat source, turning often, until evenly blistered and blackened, 10 to 12 minutes. (Be careful not to char the flesh—only the skin.) Cover with a clean kitchen towel and let steam for 5 minutes. Rub off the blackened skin. Tear the poblanos open and remove the stems and seeds. Give them a quick rinse to remove any stray seeds. Cut into ¼-inch-wide strips, about 2 inches long.

3. Meanwhile, heat 2 tablespoons oil in a large skillet over medium-high heat. Add onion and cook, stirring often, until lightly browned but still a little crunchy, 7 to 10 minutes. Add garlic and oregano and cook until fragrant, about 1 minute. Transfer to a bowl.

4. Heat the remaining 1 tablespoon oil in the pan over medium-high heat until shimmering. Add squash and cook, stirring and turning the pieces frequently, until lightly browned, about 8 minutes. Add corn, squash blossoms, the reserved poblanos and the onion mixture. Stir in crema (or crème fraîche). Cook, stirring constantly, until the cream has thickened enough to coat the mixture nicely, 2 to 3 minutes. Season with salt.

5. Serve the squash mixture in tortillas, topped with cheese.

SERVES 6: 2 tacos each

CAL 342 / **FAT** 20G (SAT 8G) / **CHOL** 26MG / **CARBS** 35G / **TOTAL SUGARS** 6G (ADDED 0G) / **PROTEIN** 6G / **FIBER** 4G / **SODIUM** 457MG / **POTASSIUM** 411MG.

Tip: Mexican crema is a tangy-sweet cultured cream with a taste and texture in between sour cream and crème fraîche. It's increasingly available at well-stocked supermarkets, or find it at Latin markets.

CHIPOTLE SKIRT STEAK TACOS WITH SMOKY TOMATILLO SALSA

ACTIVE: 35 min **TOTAL:** 35 min

Here's a pro tip from Bayless: puree a can of chipotles in adobo sauce and keep it in your fridge. Adobo is a vinegary tomato sauce, so along with the chipotles (smoked jalapeños), it becomes an all-purpose marinade that's spicy, smoky and salty, all in one. In this recipe you brush it on the steak before grilling but Bayless also does the same move on eggplant, chicken and fish. (Photo: page 74.)

- **8 ounces fresh tomatillos (about 5 medium), husked and rinsed**
- **3 large cloves garlic, unpeeled**
- **1 7-ounce can chipotles in adobo, divided**
- **¾ teaspoon salt, divided**
- **1 pound skirt steak, trimmed**
- **1 large white onion, sliced into rounds about ½ inch thick**
- **1 tablespoon extra-virgin olive oil**
- **12 corn tortillas, warmed**
- **Fresh cilantro for garnish**

1. Preheat grill to medium-high.

2. Grill tomatillos, turning occasionally, until blackened and very soft, about 10 minutes total. Transfer to a baking sheet and let cool completely, about 15 minutes.

3. Meanwhile, cook garlic in a small dry skillet over medium heat, turning occasionally, until blackened in spots and soft, about 10 minutes. Transfer to a plate. When cool enough to handle, remove the papery skins.

4. Scrape the tomatillos and any juices into a mini food processor. Add the garlic, 3 chipotles and ¼ teaspoon salt. Pulse until coarsely pureed. Transfer to a bowl and set aside.

5. Puree the remaining chipotles and the adobo sauce in the food processor. Brush steak with the puree and sprinkle with ¼ teaspoon salt. Brush onion with oil and sprinkle with the remaining ¼ teaspoon salt.

6. Oil the grill rack. Grill the onion rounds, turning occasionally, until golden and soft, about 10 minutes. Grill the steak, turning once, until an instant-read thermometer inserted into the thickest part registers 125°F for medium-rare, about 3 minutes per side.

7. Transfer the steak and onion to a cutting board and let rest for 5 minutes. Coarsely chop the onion and slice the steak against the grain. Serve the steak and onion in tortillas with the reserved salsa and cilantro, if desired.

SERVES 6: 2 tacos each

CAL 337 / **FAT** 16G (SAT 3G) / **CHOL** 49MG / **CARBS** 29G / **TOTAL SUGARS** 3G (ADDED 0G) / **PROTEIN** 19G / **FIBER** 4G / **SODIUM** 497MG / **POTASSIUM** 423MG.

LIVINGWELL

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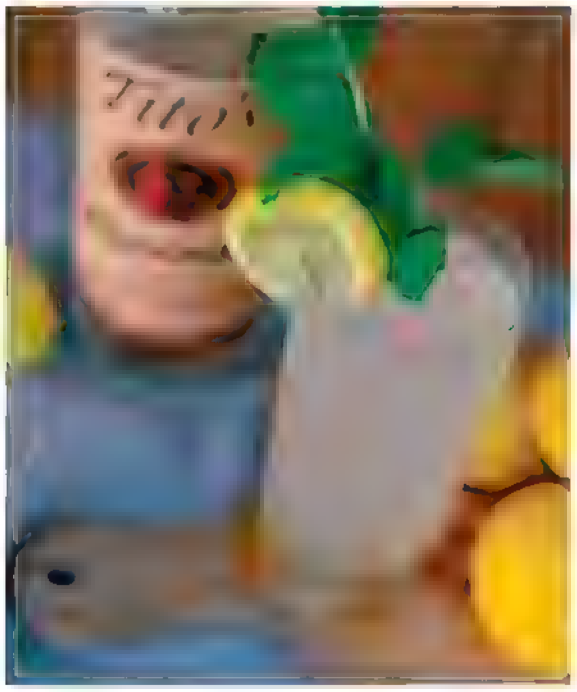

TITO'S LUCKY LEMON

This cooling, coconutty concoction will have you mixing up your own luck and going back for seconds.

INGREDIENTS

1 ½ oz lemon infused Tito's Handmade Vodka

3 oz fresh lemonade

3 oz coconut water

DIRECTIONS

Add all ingredients to a collins glass over ice.

TitosVodka.com

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STICKY-SWEET GRILLED CHICKEN SKEWERS

STICKY-SWEET MARINADE

¾ cup Kikkoman® Teriyaki Marinade & Sauce
⅓ cup apricot preserves
¼ cup cilantro
2 tablespoons lime juice
1 tablespoon Kikkoman® Sesame Oil
1 tablespoon ginger
2 cloves garlic
1 jalapeno

2 lbs. chicken

DIRECTIONS

Combine marinade ingredients. Set aside ⅓ cup.
Combine chicken and *remaining* marinade; refrigerate.
Thread chicken onto skewers and grill. Drizzle with reserved marinade.

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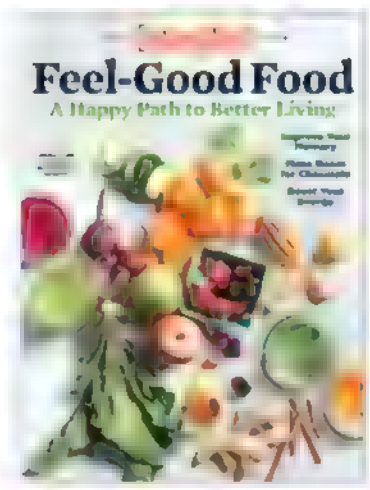
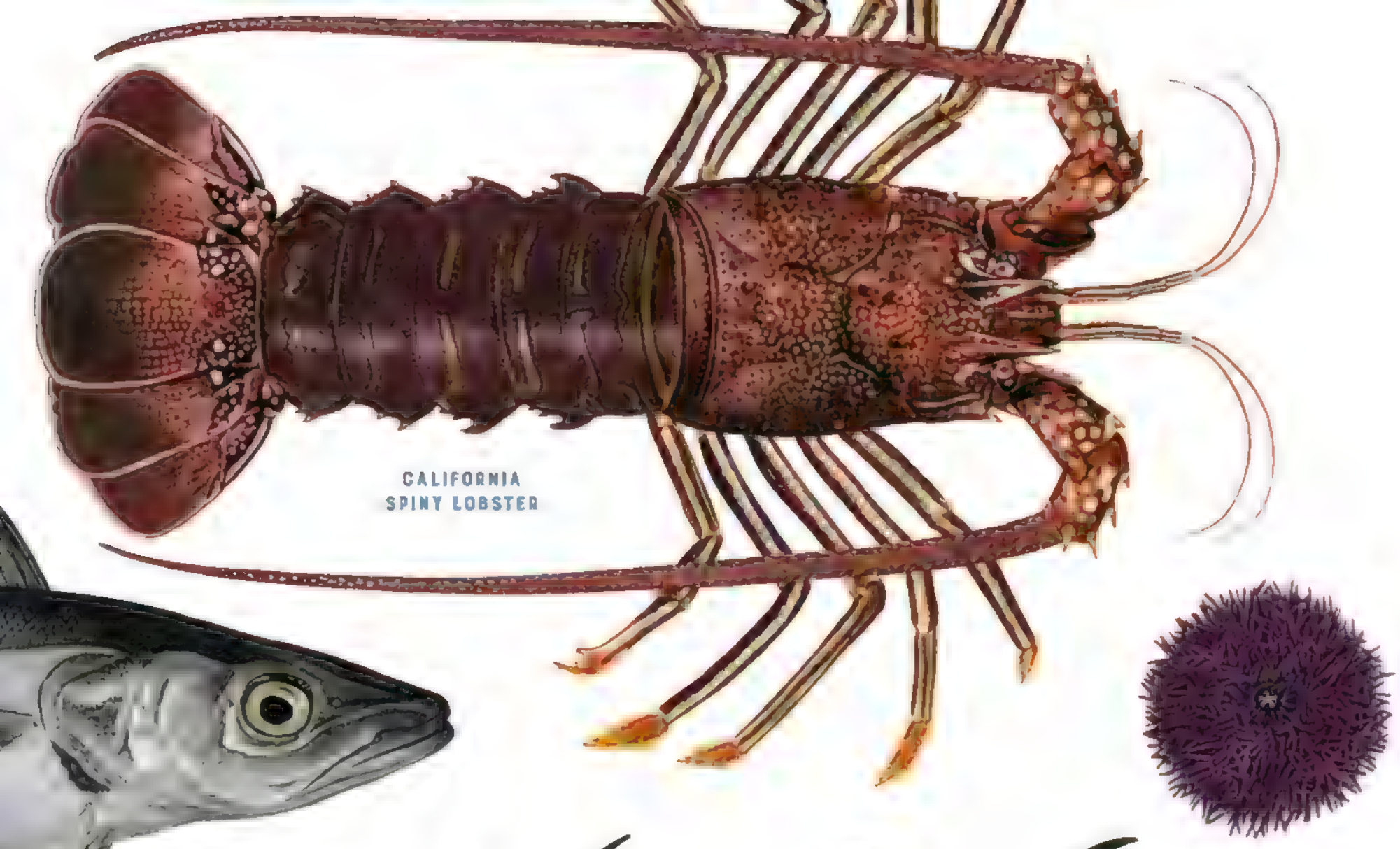




In Hot Water

AMERICANS HAVE LONG EATEN JUST A HANDFUL OF TYPES OF SEAFOOD—NAMELY SALMON, SHRIMP AND TILAPIA. BUT THE WORLD'S WARMING OCEANS ARE SHIFTING UNDERSEA ECOSYSTEMS IN A WAY THAT WILL FORCE US TO EXPAND OUR MINDS AND PALATES. JELLYFISH, ANYONE? BY BEN GOLDFARB

There is no better place to ogle California seafood, in all its bizarre bounty, than the Santa Barbara harbor on a Saturday morning. Vendors line City Pier alongside bobbing boats with names like *New Hazard* and *Fishin' Mission*, their booths thronged by customers speaking a half-dozen languages. The wares at this fishermen's market are as diverse as the clientele. One crate brims with canary rockfish, bocaccio and lingcod—a toothy bottom-dweller whose flesh, when a filleter slices one open, is a startling turquoise. Sablefish, hake and thornyheads gleam on ice. At a nearby table, a market-goer slurps a spoonful of orange *uni* from a halved sea urchin. "Breakfast of champions," he says, without a trace of sarcasm.

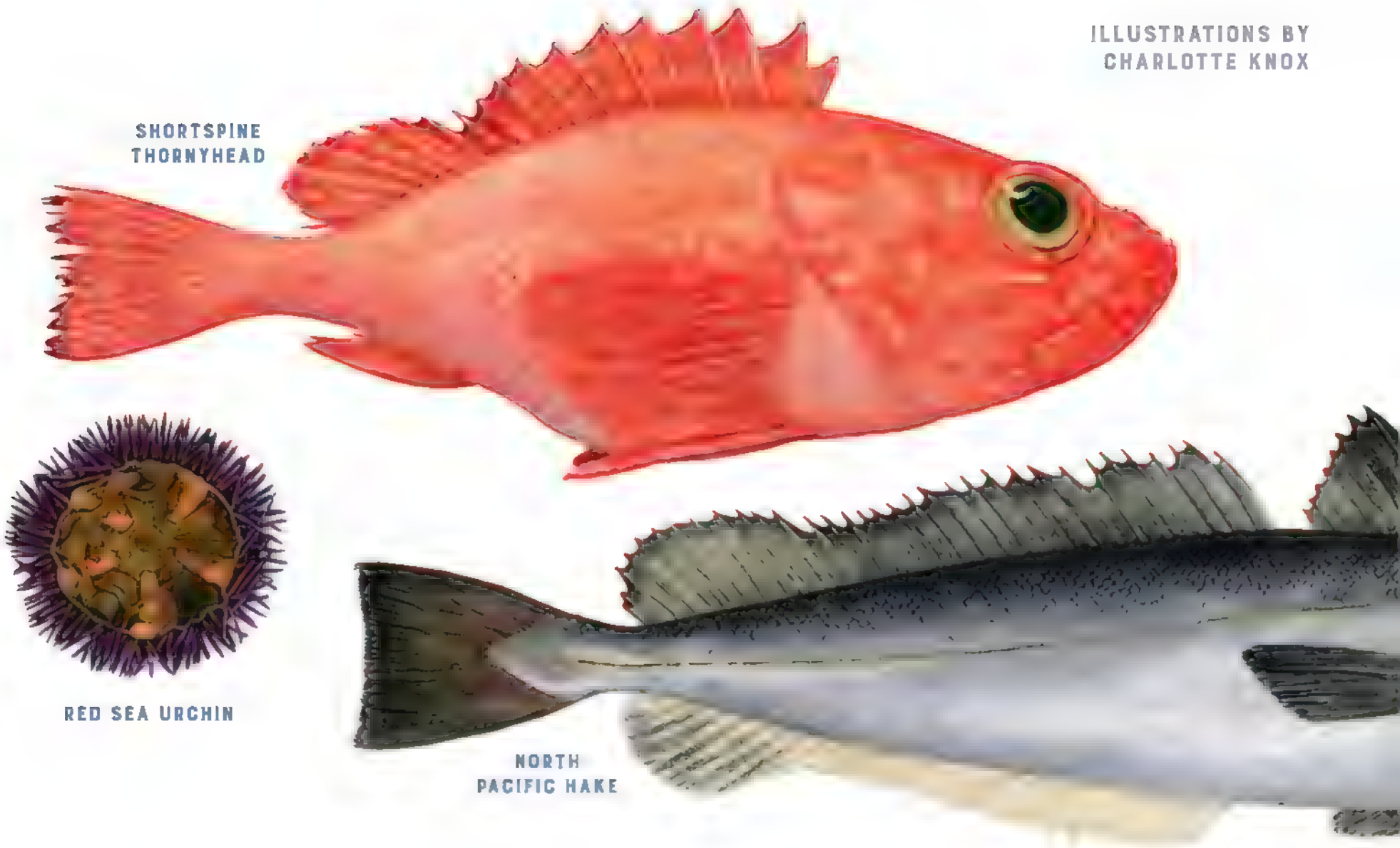
The most popular attractions, though, are the spiny lobsters. A dozen live specimens clamber around inside a kiddie pool, exploring their confines with waving antennae. Although these West Coast lobsters lack the hefty claws of their Maine relatives, they're still intimidating. One small girl inches forward to pet a carapace, then dances away. "I'm so scared, but I want to touch it again!" she laughs.

Santa Barbara has historically marked the northernmost extent of spiny lobster, a tropical species that ranges far down the Mexican coastline. The crustaceans earn more than $3 million annually at this port, supplying a third of its economic value. "It's the bulk of the revenue that I depend on," says Chris Voss, the lanky, loquacious president of the Commercial Fishermen of Santa Barbara, a nonprofit fisheries advocacy group, as the crowds flow past.

That wasn't always the case. Voss has caught everything from sea cucumber to shrimp, and spent 32 summers chasing Alaskan salmon. In recent years, though, he and his son, James, have leaned more heavily on lobster, which have become increasingly prolific in local waters—a surge that Voss attributes to changing ocean temperatures. "We're at the edge of the area they thrive in because of the cold-water barrier, where anything farther north has been too cold for them," he says. "It's simple common sense that as the water warms here, they're more active—and the more active they are, the more catchable they are."

SEA CHANGE

The spiny lobster's story is an emblematic one. Like an overzealous blackjack dealer, climate change is heating



our oceans and reshuffling its inhabitants around the world. The result, in some cases, is maritime chaos. A rancorous trade dispute, dubbed the Mackerel Wars, erupted in 2009 after the oily fish abandoned British territory in favor of waters around Iceland, which, tempted by the new bounty, promptly declared it would not adhere to European Union fishing quotas. In 2015, around 500,000 sockeye salmon perished in the Columbia River, the waterway that divides Washington and Oregon, killed by a combination of heat stress and disease—even as salmon runs are increasing in Arctic rivers well north of the fish's traditional range. Fishing fleets from North Carolina and Virginia, that once plied their local waters, now motor 500 miles up the coast to New Jersey in pursuit of their migrating quarry. Meanwhile, the Gulf of Mexico is succumbing to "tropicalization." Numbers of gag grouper, for example—a Caribbean dweller—have exploded 200-fold since the 1970s.

Of course, these shifts are happening on terra firma, too. In America's breadbasket, the boundary where the fertile Great Plains transitions into the arid West is creeping eastward and threatens to desiccate farmland. In North Africa, the Sahara Desert has swollen by 10 percent, devouring cropland. One recent study warned that global vegetable yields could fall 35 percent by 2100.

But the most pressing changes are occurring at sea. Earth's oceans act as vast sponges, swallowing up around 90 percent of our atmosphere's excess heat from global warming and up to 35 percent of the greenhouse gases attributed to humans—carbon dioxide we emit when we drive to work, fly off on vacation, run our dryers and perform life's other mundane, energy-intensive tasks.

The ocean's absorptive powers are fortunate for us landlubbers, but problematic for the animals that actually live in the briny deep. When carbon dioxide dissolves into seawater, it triggers a chemical reaction that makes the ocean more acidic and deprives organisms like oysters, clams and lobsters of the calcium carbonate they need to grow their shells. The repercussions of ocean acidification—often vilified as "climate change's equally evil twin"—are certain to shake the entire food web. *(See "Saving Oysters from Ocean Acidification" on page 87.)* Pteropods, tiny snails that provide a crucial food source to many commercially important fish, are already suffering shell damage in the Southern Ocean. Research also shows that this acidification changes the pH of fish's blood and can scramble the senses of juveniles, stunt their growth and even threaten their survival.

If this wasn't dire enough, our seas have warmed a full degree Fahrenheit in the past half-century. As climate change has cranked up the thermostat, many species have fled toward the North and South poles to remain within their ideal temperature ranges—sort of like moving into the room with the AC unit on a sweltering summer day. Reports of "funny fish" abound, as tropical denizens pop up in unlikely places: giant cobia in New York, sailfish off Cape Cod, sunfish in the Gulf of Alaska. Researchers say that hundreds more species will soon be on the move, a global game of musical chairs with unforeseeable consequences. Some ocean ecosystems—like kelp forests, which tend to be vulnerable to rising temperatures and overgrazing by heat-tolerant sea urchins—may all but disappear. "We're walking blindly toward a cliff," says Malin Pinsky, Ph.D., an associate professor in the department of ecology, evolution and natural resources at Rutgers University. "We haven't pushed ocean life this hard, this fast, ever."

Our fishy future, in general, looks grim: scientists project that global fisheries revenues will plunge $10 billion by 2050 if climate change continues unchecked. Yet the news is not universally bleak. The frigid Gulf of Alaska, for instance, stands to become 10 percent *more* productive. Likewise, Voss says that rising temperatures could create new opportunities for lobstermen further up the California coast.

CANNONBALL JELLYFISH

BUTTERFISH

"We haven't pushed ocean life

Colleagues have begun to experiment with traps above the California Bight—in an area north of Point Conception, more than 50 miles from Santa Barbara and beyond their historic range. "I know a guy who recently saw a juvenile lobster above San Francisco," he says. "There's no question that things are changing, and it's going faster than we had anticipated."

This rearranging extends from the dock to our plates, as familiar fish face replacement by underutilized strangers. Will California restaurateurs swap out Dungeness crab for market squid? Can green crabs stand in for Maine lobster? Will tourists visiting Cape Cod dine on redfish rather than, well, cod? Whether our palates keep pace with climate change isn't just a culinary question—the future of seafood depends on it.

A TALE OF TWO CRUSTACEANS

Ground Zero for this transformation is the Gulf of Maine, the stretch of Atlantic Ocean that reaches from Cape Cod to Nova Scotia. Thanks to a combination of climate change and screwy oceanographic patterns, the Gulf has heated faster than 99 percent of the water on Earth, warming around 2 degrees Fahrenheit since 2004—a rate seven times the global average. The balmy conditions, combined with the overfishing of predators like cod, have meant boom times for Maine lobsters, which, like their California cousins, fare well in warmer waters—at least to a point. In 2018, lobstermen here hauled in 119 million pounds, nearly twice their catch in 2002 (then a record). But get your lobster rolls while they last: As the crustaceans' thermal envelope shifts ever northward, scientists predict that catches could plummet up to 60 percent over the next three decades. "That would be a sad sight to see: American lobster mostly in Canadian waters," says Alexandra Carter, an ocean policy analyst at the Center for American Progress, a nonprofit public policy and advocacy organization.

The ocean, however, abhors a vacuum. In 2012, Marissa McMahan, Ph.D., a fisheries scientist whose family has lobstered in Maine since the 1700s, began finding black sea bass—typically residents of the Carolinas—crammed in her lobster traps. And cod, a cold-water species that was overfished for centuries, have been supplanted by dogfish, small sharks with mild white meat and a tolerance for warmth. McMahan adds that her father used to see one silvery, disc-shaped butterfish every few years, but "now he hauls up his traps and there are so many butterfish they're lying on the surface of the lobster pots." The persistent heat has so devastated Maine shrimp that regulators have closed them to fishing through 2021, while blue crabs, the Chesapeake Bay's most famous dwellers, have scuttled as far as Nova Scotia.

The biggest climate beneficiary is also Maine's most aggressive scourge. Green crabs, a Mediterranean native introduced to North America in the 19th century, have proliferated in the warmer conditions here, tearing up eelgrass and pocking once-rich clamming grounds with lunar-like craters. Climate change, to be sure, isn't the original cause of most marine invasions like this one. Interlopers hitch rides in ships' ballast water (likely how green crabs reached North America) or are dumped by aquarists, and flourish in niches opened up by overfishing. But warming temperatures—and the novel ecosystems they engineer—allow them to thrive. Successful invaders tend to be flexible, resourceful, mobile and, importantly, capable of withstanding a wide range of temperatures—the same traits that define most climate winners.

To see a time-lapse map that shows how Maine lobster populations are predicted to shift over time, hover your phone's camera over this smart code (or go to *eatingwell.com/lobster*).

In 2016, McMahan, who works for a sustainability nonprofit called Manomet, decided to take advantage of the invaders. She'd learned that in Italy, green crabs are battered and fried in their soft-shell stage, a delicacy called *moleche*. She brought a Venetian crabber to Maine to teach a *moleche* crash course, then recruited local fishermen to develop

this hard, this fast, ever."

—MALIN PINSKY, PH.D.

a fledgling crab industry, selling their catch at $3 each. "If you want to be a lobsterman, you have to spend years on the waiting list for a license. But you can pay 10 bucks to get a commercial green crab permit and you're good to go," McMahan says. "You can find them everywhere along the shoreline. My 10-year-old stepdaughter just flips rocks over and picks them up."

Catching the invaders is easy; convincing diners to eat them is considerably harder. Our most delectable crabs—king, stone, Dungeness—are plate-sized and packed with meat. Green crabs, by contrast, are no wider than tea saucers. One Mainer who stepped up to the task of preparing the diminutive crustaceans was Ali Waks Adams, former chef at the Brunswick Inn. Intrigued, she began experimenting with them at pop-up dinners and benefits: green crab risotto, deep-fried green crab, green crab Rangoon.

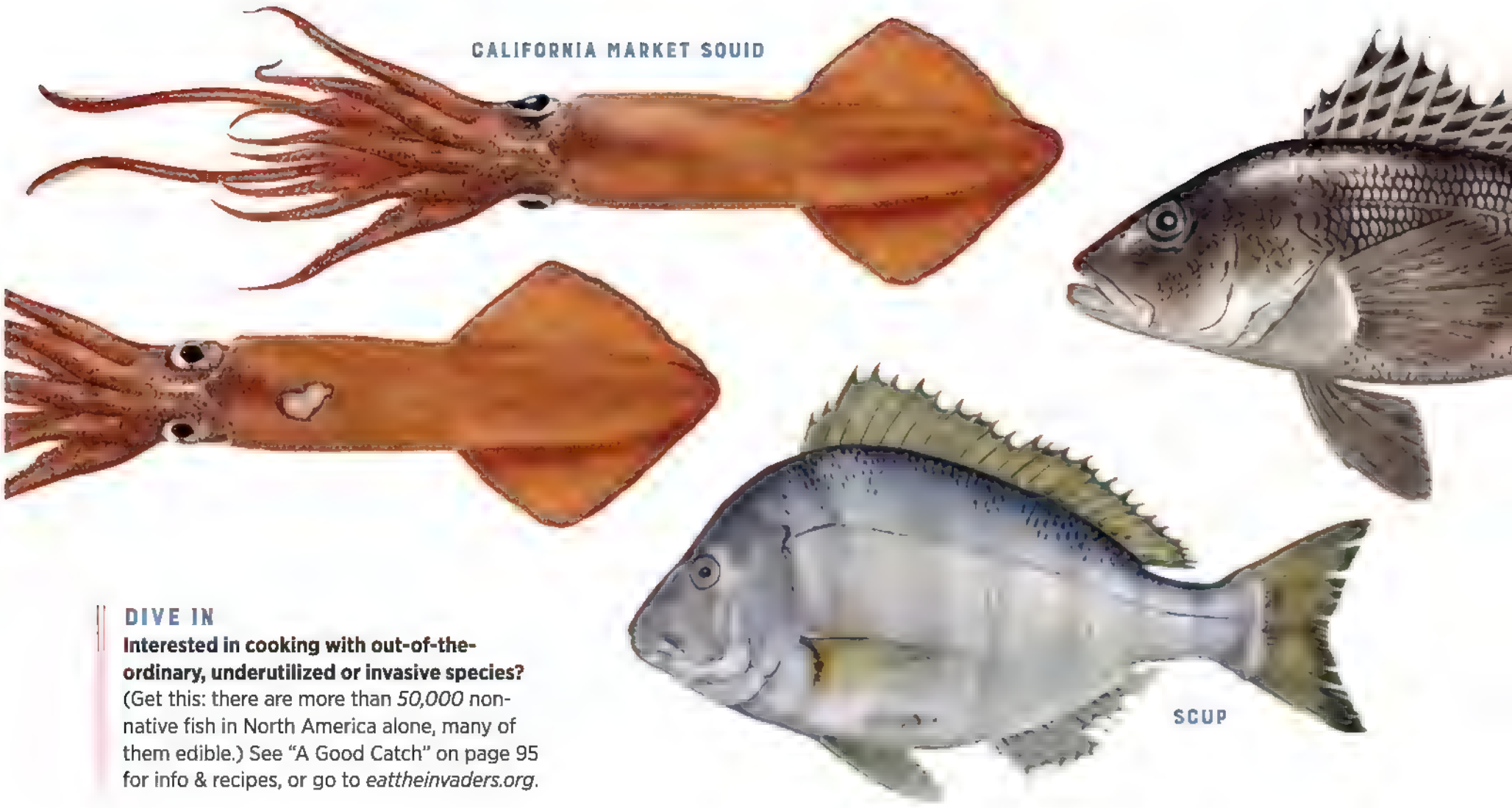
Waks Adams can sound like an ambivalent green crab booster. "They're not the most delicious thing in the world," she says, adding that the minced green crab she uses in her *tare*, a thick Japanese ramen sauce, resembles "baby poo." But while you probably wouldn't want a green crab roll, their potent umami is well suited to stocks and sauces. And she and McMahan have applied for grants to develop a crab-based fish sauce, a product that could gobble up an awful lot of the destructive critters. "As a chef, you can use fancy, impossible-to-find ingredients, or you can work with what's available to you," says Waks Adams, who's also developing novel recipes at her current restaurant, Enoteca Athena, in Brunswick, Maine. "We need an army to deal with the green crab issue, and I'm a soldier."

REDEFINING DELICIOUS

If green crabs are going to catch on, they'll have to conquer one major hurdle: our provincial taste in seafood. The U.S. is one of the world's most coastal nations, endowed with more than 95,000 miles of shoreline; every year our fishermen land 10 billion pounds of nourishing protein, from Alaskan pollock to yellowfin tuna. Yet our coastal abundance is largely disconnected from our plates: We export about a third of what we catch, even as we *import* more than 90 percent of the seafood we eat. Shrimp, salmon and tilapia, most of it raised on foreign farms, dominate our diets, comprising almost half of our annual seafood consumption. "When it comes down to it, Americans just eat the same thing over and over again," says Bun Lai, the James Beard-nominated chef at Miya's Sushi in New Haven, Connecticut, who's known for serving invasive species.

Aligning our diets with climate change will require us to approach the fish counter with an open mind. We might, for instance, learn to love jellyfish: hardy, fast-breeding opportunists that thrive in warmer waters and readily colonize overfished ecosystems. Although prognostications of a global jelly takeover are based more on anecdote than data, a number of high-profile blooms suggest the diaphanous creatures may be ascendant. Jellyfish explosions have wiped out Norwegian salmon farms, fouled Israeli desalination plants and even clogged cooling systems aboard the *USS Ronald Reagan* during the aircraft carrier's maiden deployment.

On the plate, jellyfish are a completely foreign concept to many Americans. In her book *Spineless*, ocean scientist and writer Juli Berwald, Ph.D., describes jellyfish salad as "completely unremarkable." Dried and doused in soy sauce, however, they've long been a staple in some Asian cuisines. Japan imports up to 10,000 tons each year, while China seeds its coastal waters with millions of baby jellies. Danish researchers have rendered slices of the creature into crunchy wafers, a snack likened to potato chips. Closer to home, cannonball jellyfish, known locally as "jellyballs," now support Georgia's third-largest commercial fishery. Although nearly all of them are exported to Asia, some Atlanta chefs are experimenting with frying and braising the blobs. "They're mostly protein and collagen and low in calories," says Lai, who has incorporated jellyballs into a sushi roll called the Peanut Butter and Jelly. (Yes, it also contains peanut butter.) "They're health food for people who are eating



DIVE IN

Interested in cooking with out-of-the-ordinary, underutilized or invasive species? (Get this: there are more than *50,000* non-native fish in North America alone, many of them edible.) See "A Good Catch" on page 95 for info & recipes, or go to *eattheinvaders.org*.

themselves and the environment to death."

If jellyfish are too gelatinous, perhaps you'd prefer a firmer invertebrate. In 2016, scientists reported that catches of cephalopods—the class of animals that includes squid, octopus and cuttlefish—have spiked since the 1950s. No one's sure why, but their quick life cycles may make them better at adapting to changing seas. Since 1997, swarms of Humboldt squid, a tentacled giant typically found in South America, have appeared sporadically off the California coast, a range expansion that some scientists link to ocean temperatures. Catches of another species, market squid, once centered in Southern California, have drifted so far north that fishermen have begun to pursue them from Eureka, near the Oregon border. Last year, one aspiring squidder in Sitka, Alaska, even petitioned the state to open a market squid fishery.

California's squid industry is an odd, nocturnal enterprise: A "light boat" illuminates and attracts massive schools, which larger vessels scoop up in seine nets. "It's quite a sight when they ball up on the surface, and it can be really good money," says squidder Dave Clark. Still, he believes there's potential for more. Americans are reluctant squid consumers, disdaining it in any form besides unrecognizable calamari rings. Unfortunately, market squid is too small to be rendered into the deep-fried dish, so more than 70 percent of California's catch is exported. Order calamari at a seafood joint in Monterey, and you'll almost certainly be noshing on Humboldt from South America—never mind that America's fifth-largest squid fishery is booming just a few miles away. "There's hardly any demand right now, but this is the species that's going to be taking over in these warmer climates," Clark predicts.

Sparking domestic squid demand is among Clark's crusades. He's the founder of a Facebook page called Loligo Slayers (a nod to the market squid's scientific name, *Doryteuthis loligo opalescens*), which he uses to tirelessly promote his favorite catch. The company he fishes for, Del Mar Seafoods, supplies squid to Real Good Fish, a California group that delivers seafood direct from fishermen to consumers. Real Good Fish, which also provides local underutilized seafood to public school lunchrooms, plies its customers with tips for cleaning whole squid, along with recipe suggestions that even cephalophobes can love: stir-fried with basil and lime, grilled and slathered in hot pepper sauce and fresh squid ink pasta with anchovies. "It's unfortunate that the general public is only familiar with squid being deep-fried with cocktail sauce, because there's nothing better than a grilled market squid," says Alan Lovewell, Real Good Fish's founder.

Students of fisheries history, however, would caution that we're not very good at using the ocean in moderation. Rutgers' Malin Pinsky points out that stocks driven north by climate change are especially vulnerable to overfishing, since they're not yet well-established in their new homes. "If we want productive fisheries in the future, we need to let these populations grow until they're healthy," he says. Whether squid from as far north as Alaska becomes a staple of your grandkids' diets may depend on our restraint today.

ECOLOGICAL EATING

Every year, it seems, cuisine goes more mobile: You can't walk a city block without encountering a food truck slinging dumplings, cupcakes or fancy grilled cheeses. Food *boats*, on the other hand, are rarer beasts. Had you wandered down to the Newport, Rhode Island, waterfront during the 2017 seafood festival, however, you would have encountered just that: a flat-bottomed skiff, painted a cheerful robin's-egg blue, propped on a wheeled trailer and tricked out with kitchen counters, electric stovetops and stainless-steel pans. For three days, a rotating cast of chefs manned the tiller, dishing out black sea bass tossed with wheat berries, Thai longfin squid salad and other morsels—all concocted from species migrating into New England's waters. Climate change was never so delicious.

The skiff—dubbed the Scales & Tales Food Boat—belongs to Eating with the Ecosystem, one of the organizations shaping seafood's future. The group started in

2012, when a local fisherman named Sarah Schumann convened a dinner series where chefs used local marine ingredients to whip up gourmet dishes like razor clams and caramelized longfin squid served in a dashi broth. Since becoming a nonprofit two years later, they've held dozens of events to connect diners with unheralded oceanic delights, including scup, redfish and sea robin—species so neglected they're maligned as "trash fish."

Sampling widely from the sea makes sense even in the best of times, says Kate Masury, Eating with the Ecosystem's director. Dietary diversity keeps food webs balanced by not encouraging the overfishing of any single species, and provides fishermen fair prices for abundant but obscure catches like dogfish. Climate change only accentuates the importance of expanding our horizons. "We can help both our fishing communities and wild populations by going with the flow, eating the species that are available rather than putting pressure on the ones already having a harder time," says Masury. If our seafood systems are to survive climate change, we consumers will have to overcome our parochialism—to hark back to a past when we ate fish as adventurously as we do vegetables. We'll have to learn to appreciate what the sea spits out, no matter how spiny or odd-shaped or under-the-radar.

Back at the Santa Barbara waterfront, several dozen customers have spent the morning reconnecting with California's coastline. Buyers stagger between kiosks, bags heavy with fillets. Just three years earlier, the Saturday Fishermen's Market had shrunk to two vendors and faced closure. It was revived largely by biologist Kim Selkoe, Ph.D., director of the Commercial Fishermen of Santa Barbara, who ramped up advertising, applied for grants and enticed more vendors. Selkoe, though, isn't satisfied. Her new initiative is Get Hooked, a community-supported fishery that, like a marine farm share, provides more than 270 subscribers with a weekly portion of local, seasonal fish—the apotheosis of ecological eating. The CSF's mission is as much educational as culinary, providing information and recipes with each week's share. "The idea is to allow people to feel confident buying fish that they wouldn't know anything about, or that they're not sure they're going to like," Selkoe explains over the clack of fillet knives. "As the ocean changes, we want to be the shepherds who make local seafood work—and expand people's palates."

BEN GOLDFARB *is an award-winning environmental journalist and author of* Eager: The Surprising, Secret Life of Beavers and Why They Matter. *This article was produced in collaboration with the Food & Environment Reporting Network, a nonprofit investigative news organization.*

SAVING OYSTERS FROM OCEAN ACIDIFICATION

In 2009, Bill Mook faced a mysterious crisis: His oysters weren't growing. Mook Sea Farm is among Maine's largest shellfish growers, annually producing over 140 million juvenile oysters from billions of larvae. That year, though, his larvae were taking twice as long to mature as usual, and business suffered. "Our hatchery production was cut in half," Mook recalls.

He received answers from an Oregon-based operation called Whiskey Creek Shellfish Hatchery, which had endured similar trials in 2007, when acidified seawater had welled up along the West Coast and killed billions of larvae. At their farmers' recommendation, Mook began buffering the water pumped through his farm with a high-pH solution to counter the acid—"like using Tums for an acidic stomach," he explains. His larvae thrived once more.

The trials of America's shellfish farmers, however, are just beginning. The government forecasts that ocean acidification could ultimately cost America's shellfisheries $230 million a year in revenue. Mook and his fellow oyster growers are already fighting back. In 2017, Mook Sea Farm and six other operations joined with The Nature Conservancy to found the Shellfish Growers Climate Coalition, a group that educates consumers and policymakers about the importance of reducing greenhouse gas emissions. Today the coalition has nearly 100 members from all food sectors, including hatcheries, wholesalers and restaurants. "Our businesses are on the front lines," Mook says. "If people like our oysters, they better take this seriously."

When Lata moved to Charleston in the '90s, triggerfish *(shown here)* was bycatch, thrown back in lieu of more profitable species. His decision to serve this and other underutilized fish at his restaurants helped shift the local fishery.

The Other Fish in the Sea

With many fish populations on the decline, award-winning chef Mike Lata is cooking up those that are plentiful. By Betsy Andrews

Location Photography by
Peter Frank Edwards

Food Photography by
Leigh Beisch

When Lata and his fiancée, Jenni Ridall, host parties, the pool and pergola area is the default gathering space. Rocky the dog *(opposite)* is at the ready for cleanup.

Mike Lata poked a banded rudderfish that lay on the marble countertop of his Charleston home. A yellow stripe down the fish's flank bisected its blue-gray back from its pinkish belly. Its flesh was firm, its gills deep red, its eyes clear, "and there's zero smell," he said.

The James Beard Award-winning chef and co-owner of the Charleston restaurants Fig and The Ordinary is heralded for his commitment to sustainable seafood. It's a focus Lata's been sharpening since the 1990s when he spent two summers cooking on Martha's Vineyard, in his native New England. There, he says, "I saw all kinds of stuff you don't see further inland"—species like bluefish and mackerel that intrigued him.

For a creative chef with an interest in local ingredients, using abundant but lesser-known fish from nearby waters was a no-brainer, and Lata took the same approach when he moved to Charleston.

The feast Lata was preparing that afternoon was the fruit of his partnerships with forward-thinking fishermen. One of his favorite suppliers, Mark Marhefka of Abundant Seafood, works with regulators to make sure that every species he snags on his line is sustainably managed. Lata plans his menus around what Marhefka is catching at any given time, and in spreading the demand across a greater range of species, helps reduce pressures on overfished populations.

"This fishery has changed with better management and chefs' open-mindedness," says Marhefka. "That passes on to consumers." He also operates a community-supported fishery (CSF) that works like a farm share, with customers paying in advance for an allotment of fish every week. Some people may call some of what he catches "trash fish," but that's just the common term for seafood that people just aren't used to eating. Maybe its bone structure makes it harder to fillet, or like that rudderfish, it doesn't ship well. For whatever reason, in the old days, fishermen would've thrown it back, often dead or dying, discarding tons of fish in an effort to catch their quota of more-desirable species.

"'Trash fish,'" Lata frowned. "I hate that term. We just call it fish."

Guests who find rudderfish at The Ordinary—in

"TWENTY YEARS AGO, MENUS WOULD SAY 'TUNA, SALMON, GROUPER.' TODAY, WE HAVE A MENU THAT SAYS, 'TRIGGERFISH, COBIA, RUDDERFISH.'"
—CHEF MIKE LATA

FISH CHOWDER WITH FENNEL & CORN (P.95)

CHICORY SALAD WITH BANDED RUDDERFISH "TONNATO" (P.94)

TRIGGERFISH SCHNITZEL WITH SUMMER SUCCOTASH (P.94)

He may cook up intricate dishes at his restaurants, but Lata keeps things simple when he entertains. Fish chowder (*above*), the succotash he serves alongside triggerfish schnitzel (*center*) and the "tonnato" that dresses the salad (*above right*) can all be made ahead.

a tartare or a smoked fish pâté—are wise to order it. Rudderfish is an amberjack, a species coveted in sushi restaurants, where it's known by its Japanese name, *hamachi*. One chef's throwaway is another's delicacy.

Marhefka had treated that rudderfish tenderly when he caught it, snugging it and others in ice flank to flank, dorsal fins upright, "like soldiers," said Lata. "Because of his practices, we get four more days' shelf life from his fish." Its freshness was one reason he felt good about serving it to the pals he'd invited for dinner. "You see how pristine it is," Lata continued.

He sliced behind a pectoral fin, running his knife down the rudderfish's back and against its spine to produce a fillet. "Twenty years ago, menus would say 'tuna, salmon, grouper,'" said Lata. "When local quotas were reached, restaurants imported fish from places where there's zero accountability. But we've started using enough species that we have great regional product year-round. Today, we have a menu that says, 'triggerfish, cobia, rudderfish.'"

Lata scraped the meat off the fish's spine into a pan to olive-oil poach, blending it afterwards with capers and anchovies for a riff on tonnato sauce, which is usually made with tuna and served over veal. Lata prefers the tangy sauce tossed with sturdy greens to offset their bitterness. "It's all about the dressing," he said.

Then he turned his attention to a triggerfish. Gray-black and shaped like a dinner plate, triggerfish has skin tough enough that chefs once thought it was too much of a hassle to butcher. But when Lata gave it a shot, triggerfish proved tasty and versatile. Soon, restaurants had turned the plentiful species into a local delicacy. "It's so firm, if you flake it, it looks like lump crabmeat," he said. "You can grill, steam, bake it, whatever." He butchered one of those too. After gently pounding the fillets into cutlets and coating them in panko, he turned them into an oceanic version of schnitzel. With a bright summer succotash for contrast, it was the most satisfying version of fried fish ever.

Finally, he simmered all the remaining trimmings in fish stock, cream, potatoes, lots of bacon and aromatics to make chowder, a staple at The Ordinary that harks back to his days on Martha's Vineyard. It's his way of bringing a bit of his native New England to his adopted hometown.

"Nothing gives you a sense of place like seafood," Lata says. "Charleston can't lose its fishing or its fish," and with his focus on cooking alternative catch, he adds, "we are looking out for the best for everyone."

BETSY ANDREWS' *books include* New Jersey *and* The Bottom. *She last wrote "Of Love & Linguine" and "A Room with a Farm" for our March 2019 issue.*

LEFT & RIGHT: PETER FRANK EDWARDS, LOCATION STYLING: JENNI RIDALL (PROPS); CENTER LEIGH BEISCH; RECIPE STYLING: ALICIA DEAL (FOOD), GLENN JENKINS (PROPS)

The sustainably made **2017 Meinklang Grüner Veltliner,** Austria ($17), has zippy acidity that stands up to the **Triggerfish Schnitzel with Summer Succotash.**

A medium-weight sauvignon blanc like the **2017 Château La Rame Bordeaux Blanc Sec,** France ($16), is an ideal foil for **Grilled Banded Rudderfish with Peperonata.**

Creamy **Fish Chowder with Fennel & Corn** beckons for creamy wine with acidity, such as the **2017 L'Ecole No 41 Chardonnay,** Columbia Valley, Washington ($20).

Perfume of lemon zest and white flowers makes the **2017 Alois Lageder Pinot Bianco,** Alto Adige, Italy ($14), an ideal pour alongside **Chicory Salad with Banded Rudderfish "Tonnato."**

STEAMED CLAMS CASINO-STYLE (P.95)

Triggerfish Schnitzel with Summer Succotash

ACTIVE: 50 min **TOTAL:** 50 min

We call for easy-to-find frozen baby lima beans (called butter beans in the South), but Lata prefers to use fresh summer field peas to make succotash. Look for lady peas, zipper cream, white acre, crowder or pink-eyed varieties at your farmers' market. Cook 2 cups of shelled peas in boiling water with a pinch of salt until tender, 20 to 45 minutes. (Photo: page 92.)

- **2 tablespoons unsalted butter**
- **1 cup diced sweet onion**
- **1 clove garlic, thinly sliced**
- **Pinch of crushed red pepper**
- **2 cups fresh corn kernels (about 2 ears)**
- **1 teaspoon chopped fresh marjoram**
- **1 teaspoon fresh thyme leaves**
- **2 cups frozen baby lima beans (butter beans), thawed**
- **1 small zucchini, thinly shaved with a mandoline or vegetable peeler**
- **10 cherry tomatoes, halved**
- **10 sugar snap peas, cut crosswise into ¼-inch pieces**
- **½ cup chopped fresh basil, divided**
- **½ teaspoon kosher salt, divided**
- **1¼ pounds skinned triggerfish, sole *or* swordfish, cut into 4 portions**
- **3 large eggs, lightly beaten**
- **1 tablespoon Dijon mustard**
- **⅓ cup all-purpose flour**
- **1 cup panko breadcrumbs, preferably whole-wheat**
- **4 tablespoons extra-virgin olive oil**
- **Lemon wedges for serving**

1. Melt butter in a large pot over medium heat. Add onion, garlic and crushed red pepper; cook, stirring occasionally, until soft, 3 to 5 minutes. Stir in corn, marjoram and thyme; cook, stirring occasionally, until the corn is tender, about 4 minutes. Stir in lima beans, zucchini, tomatoes and snap peas; cook, stirring occasionally, until the zucchini is tender, about 5 minutes. Remove from heat and stir in ¼ cup basil and ¼ teaspoon salt. Cover to keep warm.

2. If your fish is thicker than ½ inch, place in a large sealable bag and gently pound with a meat mallet or rolling pin until about ½ inch thick. Season with the remaining ¼ teaspoon salt.

3. Whisk eggs and mustard in a medium bowl. Place flour and breadcrumbs in separate shallow dishes. Dredge the fish in the flour, shaking off excess, then dip in the egg mixture, letting the excess drip off, then coat with the panko.

4. Heat 1 tablespoon oil in a large nonstick skillet over medium-high heat. Cook half the fish, undisturbed, until golden and crisp on one side, 1 to 3 minutes. Turn the fish and add 1 tablespoon oil; cook until golden and crisp, 1 to 3 minutes more. Transfer to a plate and repeat with the remaining fish and 2 tablespoons oil.

5. Arrange the fish on the succotash. Top with the remaining ¼ cup basil and serve with lemon wedges, if desired.

SERVES 4: 4 oz. fish & 1¼ cups succotash each
CAL 554 / **FAT** 26G (SAT 7G) / **CHOL** 141MG / **CARBS** 50G / **TOTAL SUGARS** 10G (ADDED 0G) / **PROTEIN** 32G / **FIBER** 9G / **SODIUM** 764MG / **POTASSIUM** 1,087MG.

Chicory Salad with Banded Rudderfish "Tonnato"

ACTIVE: 30 min **TOTAL:** 1½ hrs

Lata's love affair with the Italian dish vitello tonnato *(cold sliced veal with tuna sauce) started with a glorious one he had in Milan. He's found the sauce to be a great way to use the scraps that result from butchering whole fish. He serves thicker versions over cold poached meats and thinner ones like this over vegetables and salads.* (Photo: page 92.)

- **4 ounces skinned banded rudderfish, amberjack *or* mahi-mahi**
- **½ teaspoon kosher salt, divided**
- **⅛ teaspoon ground fennel seed**
- **Pinch of ground white pepper**
- **½ cup extra-virgin olive oil**
- **1 bay leaf**
- **1 3-inch strip lemon zest**
- **1 3-inch strip orange zest**
- **2 sprigs fresh basil**
- **2 sprigs fresh thyme**
- **1 large egg yolk**
- **1½ teaspoons capers, rinsed**
- **1½ teaspoons lemon juice**
- **1½ teaspoons white-wine vinegar**
- **2 oil-packed anchovy fillets**
- **½ teaspoon colatura di alici *or* fish sauce**
- **8 cups chopped bitter greens, such as escarole, endive *and/or* radicchio**
- **2 large heirloom tomatoes, sliced**
- **2 stalks celery, thinly sliced diagonally**
- **1 small sweet onion, thinly sliced**
- **1 small cucumber, thinly sliced**
- **3 tablespoons chopped fresh dill**

1. Preheat oven to 200°F.

2. Place fish in a 9-by-5-inch loaf pan and sprinkle with ¼ teaspoon salt, fennel and white pepper. Add oil, bay leaf, lemon and orange zest, basil and thyme. Cover with foil.

3. Bake until the fish is cooked through, 30 to 40 minutes. Uncover and turn the fish over. Bake for 10 minutes more. Let cool to room temperature, about 30 minutes.

4. Transfer the fish to a food processor. Strain the oil through a fine-mesh sieve into a bowl. Add egg yolk, capers, lemon juice, vinegar, anchovies and colatura (or fish sauce) to the food processor. Blend until smooth, scraping down the sides as needed. With the motor running, slowly stream in the strained oil until emulsified.

5. Arrange greens, tomatoes, celery, onion and cucumber on a platter and sprinkle with the remaining ¼ teaspoon salt. Drizzle with the "tonnato" and sprinkle with dill.

SERVES 8: 1½ cups each
CAL 180 / **FAT** 15G (SAT 2G) / **CHOL** 34MG / **CARBS** 7G / **TOTAL SUGARS** 2G (ADDED 0G) / **PROTEIN** 5G / **FIBER** 4G / **SODIUM** 218MG / **POTASSIUM** 432MG.

Grilled Banded Rudderfish with Peperonata

ACTIVE: 45 min **TOTAL:** 45 min

TO MAKE AHEAD: Refrigerate peperonata (Step 1) for up to 1 day.

This is a dish made for easy summertime entertaining. The peperonata can be made in advance and reheated while you grill the fish. (Photo: above.)

- **4 tablespoons extra-virgin olive oil, divided**
- **3 cloves garlic, thinly sliced**
- **1 tablespoon fennel seed**
- **Pinch of crushed red pepper**
- **1 medium red onion, thinly sliced**
- **1 teaspoon chopped fresh oregano**
- **1 teaspoon coarsely chopped fresh thyme**
- **1 teaspoon paprika**
- **8 cups thinly sliced bell peppers**
- **¼ cup capers, rinsed**
- **2 tablespoons sherry vinegar**
- **1½ pounds skinned banded rudderfish, amberjack, swordfish *or* mahi-mahi**
- **½ teaspoon kosher salt**
- **¼ cup chopped mixed tender fresh herbs, such as parsley, basil *and/or* mint**
- **¼ cup thinly sliced fennel**

1. Heat 2 tablespoons oil in a large pot over medium-low heat. Add garlic, fennel seed and crushed red pepper and cook, stirring often, until fragrant and the garlic starts to brown, 2 to 3 minutes. Add onion and cook, stirring occasionally, until softened, about 5 minutes. Stir in oregano, thyme and paprika. Add bell peppers, reduce heat to low and cook, stirring occasionally, until softened, about 20 minutes. Add capers and vinegar and cook for 2 minutes more.

2. Meanwhile, preheat grill to medium-high.

3. Brush fish with the remaining 2 tablespoons

A Good Catch

Mike Lata cooks up species plentiful in his region. But you'll want to seek out what's abundant in your area, which could include fish once considered bycatch or possibly invasive species. Download a regional guide from *seafoodwatch.org*. Or if you're near the ocean, a community-supported fishery (CSF) is a good option; find one at *localcatch.org*.

NORTHEAST
Buttery-fleshed **Spanish mackerel** is milder than other oil-rich species, including tuna and salmon. The foot-long fish migrates throughout the Atlantic in plentiful numbers, hitting the Northeast come summer. Bianca Piccillo, co-founder of the Brooklyn fish share and market Mermaid's Garden, loves to grill it.

MIDWEST
It was introduced to help control weeds and parasites in U.S. fish farms. But **Asian carp** escaped into the Mississippi River and breeding populations are gobbling up plants and mollusks as they head north, threatening the Great Lakes. Similar to cod, it fries up nicely and soaks up other flavors with which it's cooked.

SOUTHEAST
Another ravenous species that threatens native populations, **lionfish** is often caught by spearfishermen. (Its venomous barbs are removed before sale.) At Indigenous in Sarasota, Florida, chef Stephen Phelps dusts the mild, white fillets in cornmeal, pan-fries them and serves them with lemon and butter.

GULF OF MEXICO
A black-striped sea bream with blunt teeth for cracking shells, **sheepshead** (aka butterfish) is ubiquitous in the Gulf. At New Orleans' certified-green café Carmo, chef-owner Dana Honn makes a nose-to-tailfin platter, broiled or fried, using its collar, "wings" and head. The fish gets its sweetness from a diet of shrimp and crab.

WEST COAST
Following 15 years of fisheries closures and the implementation of population-monitoring measures, **Pacific rockfish** is back. Seafood Watch's Sheila Bowman suggests frying, baking or, best of all, whole-roasting these moist, flaky 5-to-10-pounders. Says Bowman, "It's the best fish on the planet, period."

oil and sprinkle with salt. Oil the grill rack. Grill the fish, turning once halfway, until the flesh is opaque, 6 to 10 minutes total, depending on thickness. Transfer the fish to a clean cutting board and cut into 4 portions.

4. Arrange the fish over the peperonata and top with herbs and fennel.

SERVES 4: 5 oz. fish & 1 cup peperonata each
CAL 396 / **FAT** 25G (SAT 4G) / **CHOL** 97MG / **CARBS** 11G / **TOTAL SUGARS** 5G (ADDED 0G) / **PROTEIN** 31G / **FIBER** 4G / **SODIUM** 462MG / **POTASSIUM** 933MG.

Fish Chowder with Fennel & Corn

ACTIVE: 40 min **TOTAL:** 1 hr
TO MAKE AHEAD: Refrigerate for up to 2 days.

"When you're staring down a new type of fish, chowder is a foolproof preparation," Lata says. You can use any kind of fish but try to avoid full-flavored varieties like mackerel or bluefish unless it's straight off the boat or it'll overwhelm the soup. (Photo: page 92.)

- **2 ounces bacon, diced**
- **1 small onion, diced**
- **1 small fennel bulb, cored and diced, plus fronds for garnish**
- **1 medium shallot, diced**
- **1 stalk celery, diced, plus tender green leaves for garnish**
- **1 cup fresh corn kernels (1-2 ears)**
- **1½ teaspoons fresh thyme leaves, chopped**
- **½ teaspoon ground white pepper**
- **2 tablespoons all-purpose flour**
- **4 cups fish stock**
- **1 pound russet potatoes, peeled and diced**
- **1 cup heavy cream**
- **2 pounds skinned fish, cut into 1-inch pieces**
- **Dash of Tabasco, or to taste**
- **1 teaspoon Worcestershire sauce**
- **¼ teaspoon kosher salt**
- **¼ teaspoon ground pepper**
- **Piment d'Espelette for garnish**

1. Cook bacon in a large pot over medium heat, stirring occasionally, until the fat has rendered, about 5 minutes. Remove the bacon with a slotted spoon to a small bowl. Add onion, fennel, shallot, celery, corn, thyme and white pepper to the pot; cook, stirring occasionally, until the vegetables have softened, 3 to 5 minutes. Stir in flour to coat and cook, stirring, for 1 to 2 minutes, then stir in stock. Bring to a simmer. Add potatoes and cook until they are tender and the broth has thickened, 18 to 22 minutes.

2. Stir in cream and return to a simmer. Add fish, partially cover, and cook until the fish is just cooked through, about 5 minutes. Stir in Tabasco, Worcestershire, salt and pepper.

3. Serve the soup topped with fennel fronds, celery leaves, the reserved bacon and piment d'Espelette, if desired.

SERVES 6: 1½ cups each
CAL 420 / **FAT** 19G (SAT 10G) / **CHOL** 161MG / **CARBS** 27G / **TOTAL SUGARS** 6G (ADDED 0G) / **PROTEIN** 37G / **FIBER** 3G / **SODIUM** 564MG / **POTASSIUM** 1,519MG.

Steamed Clams Casino-Style

ACTIVE: 35 min **TOTAL:** 35 min

Clams aren't alternative catch but their inclusion highlights Lata's commitment to using local seafood. (Both wild and farmed clams are prevalent in the Southeast.) This steamed riff on clams casino is a winner when entertaining for its low stress factor (stuffing clams is a lot of work!). Serve with plenty of crusty bread for dipping. (Photo: page 93.)

- **6 pounds littleneck clams, scrubbed**
- **2 cups dry white wine, divided**
- **2 tablespoons extra-virgin olive oil**
- **3 ounces diced pancetta**
- **1 large shallot, finely chopped**
- **4 cloves garlic, thinly sliced**
- **1 small hot chile pepper, diced**
- **1 tablespoon chopped fresh thyme**
- **1¼ cups water**
- **2 tablespoons unsalted butter**
- **2 tablespoons chopped fresh oregano**
- **1 tablespoon harissa paste *(see Tip, page 10)***
- **¼ teaspoon ground pepper**
- **¼ cup toasted fresh breadcrumbs**
- **2 tablespoons chopped fresh parsley**

1. Combine clams and 1 cup wine in a large pot. Heat over medium-high heat until starting to steam. Cover, reduce heat to medium and cook until the clams are open, 7 to 10 minutes. (Discard any unopened clams.) Use a slotted spoon to transfer the clams to a serving dish. Pour the cooking liquid through a fine-mesh strainer into a heatproof bowl.

2. Meanwhile, heat oil in a medium saucepan over medium heat. Add pancetta; cook, stirring, until starting to brown, 3 to 4 minutes. Add shallot, garlic, chile and thyme. Cook, stirring occasionally, until softened, 2 to 4 minutes. Add water, the remaining 1 cup wine and ¼ cup of the reserved cooking liquid (discard the rest); bring to a simmer. Remove from heat and whisk in butter, oregano, harissa and pepper. Pour over the clams.

3. Serve the clams topped with breadcrumbs and parsley.

SERVES 10: 4 clams & ¼ cup sauce each
CAL 152 / **FAT** 9G (SAT 3G) / **CHOL** 29MG / **CARBS** 6G / **TOTAL SUGARS** 1G (ADDED 0G) / **PROTEIN** 8G / **FIBER** 0G / **SODIUM** 493MG / **POTASSIUM** 235MG.

ILLUSTRATIONS: THE FISHERMAN/SHUTTERSTOCK

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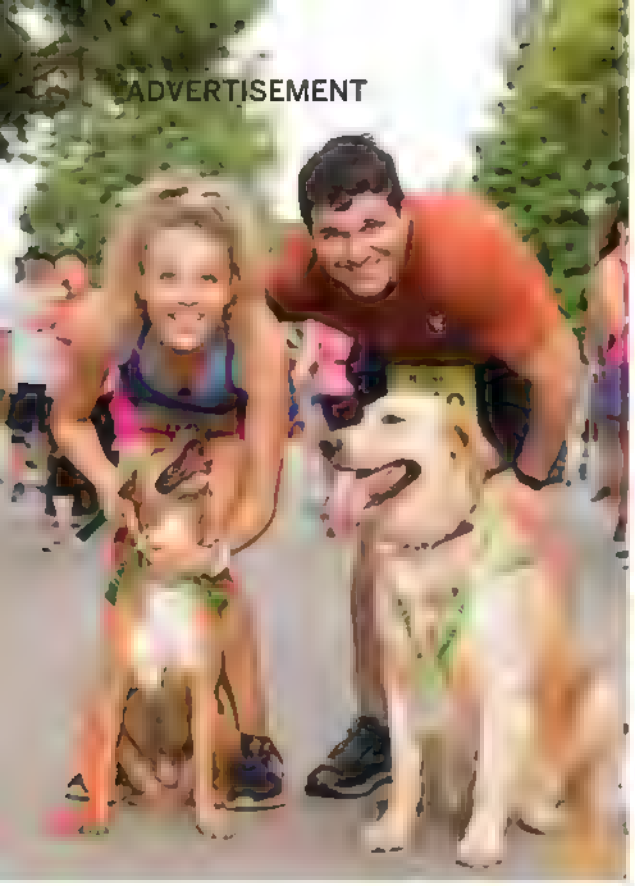

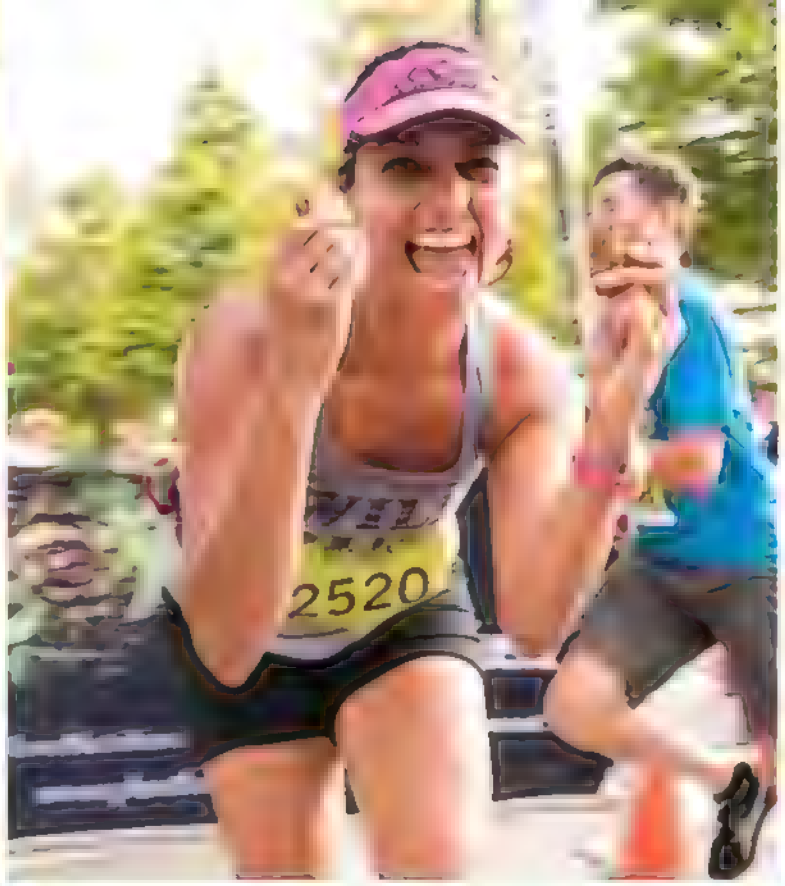

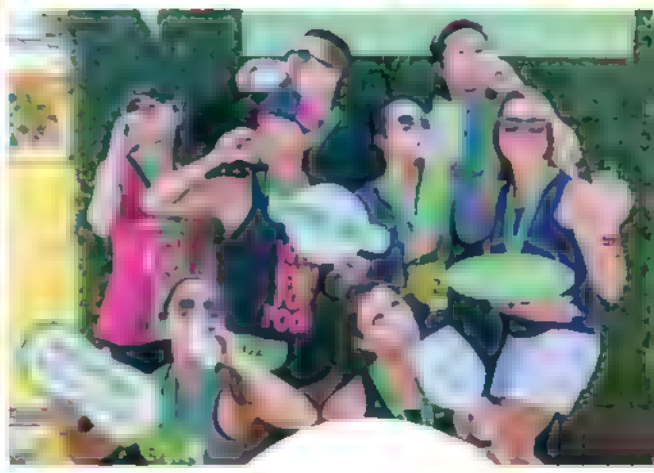

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Life's a Picnic

GRAB A BASKET! PLUS OTHER SUPPLIES FOR THE MOST FUN AL FRESCO MEAL. BY LUCY M. CASALE

1 Picnic Basket Luxe This modern carry-all includes plates, cutlery and wineglasses for four, plus a bottle opener and cutting board. ($140, *sunnylife.com*)

2 Outside Inside Basecampe Kubb Game Up to 12 players take sides in this ancient tossing game to see who can topple the other's blocks (*kubbs*) first. ($40, *rei.com*)

3 JBL Clip 3 Attach a portable waterproof Bluetooth speaker (sold in a rainbow of colors) on your picnic basket or the nearest tree for tunes to set your party's mood. ($60, *jbl.com*)

4 Backyard Birds Budding ornithologists can look out for the 50 illustrated urban-dwelling birds in this logbook, complete with I.D. stickers and fun facts. ($16, *chroniclebooks.com*)

5 The Chef's Portable Multi-Tool If you forget anything at home, this 12-in-one gadget should do the trick. Cheese grater, anyone? ($32, *uncommon goods.com*)

6 Corkcicle Classic Canteen Triple-insulated, this bright bottle keeps drinks cold (or hot) for hours. And it's spacious enough to hold an entire bottle of wine! ($33, *corkcicle.com*)

CAITLIN BENSEL

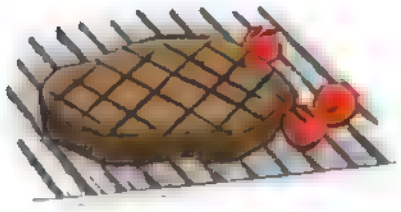
Get Your Grill On

Here's what to look for when upgrading your gas grill—with tips from grillmaster Russ Faulk, advisor to top chefs and author of the new cookbook *Food + Fire*. **By Lucy M. Casale**

THE MUST-HAVES

Built-In Thermometer "A must to measure the air temperature inside the grill," Faulk says. Find a grill with a temperature gauge set high into the lid. (Low-set gauges can be misleading since they're closer to the heat source.)

Warranty No matter where in the country you live—near salt air or heavy snow—your grill has to survive the elements. Look for one with a comprehensive warranty. Ask your salesperson to explain in detail what this does (and does not) cover.



Heavy Grill Grates Choosing between cast-iron or stainless-steel grill grates comes down to personal preference. Stainless steel is reliable for even cooking and is easier to maintain. Cast iron conducts heat best (and gives you better grill marks), but requires regular oiling to prevent rust. Whichever material you pick, grates should feel *heavy*. "More metal mass means better heat retention," Faulk says.

High Btus "The best way to compare the firepower of two different grills is Btus [British Thermal Units of measurement] per square inch of grill grate," says Faulk. Powerful grills have more Btus. To calculate: divide the total Btus by the total square inches of cooking surface (exclude warming racks or "searing zones"). Ideally, you're looking for at least 80 to 100 Btus per square inch.

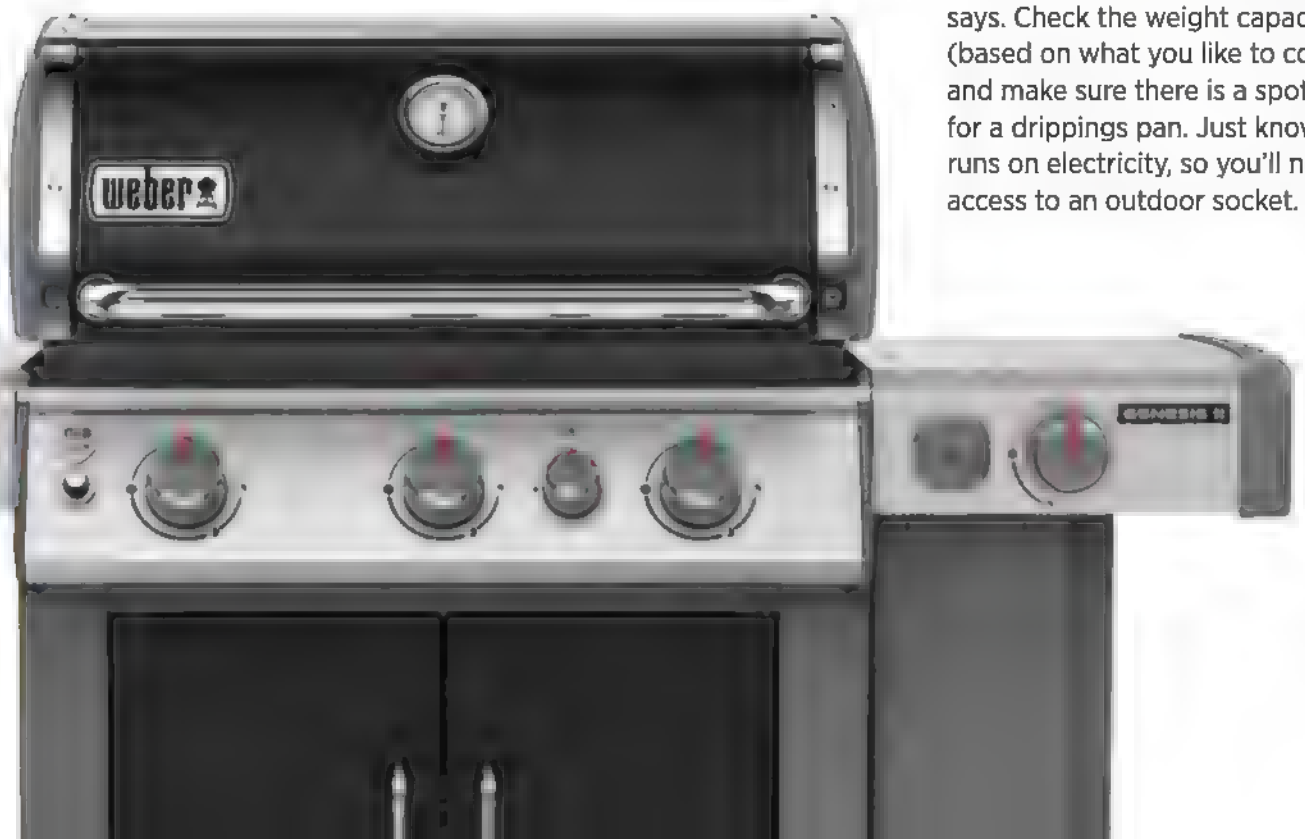
Tight Lid Inspect how well the grill seals when closed, especially under the top edge of the back of the grill. Some have very wide, open spaces that let wind blow in and heat escape, Faulk says. "A tighter enclosure is particularly important for indirect grilling techniques or roasting, where good heat circulation becomes more critical to cooking. Also, the more smoke that stays inside your grill, the more flavor your food gets."

Multiple Burners Buy a grill with three or more main burners, so you can shut the middle one off for indirect cooking. It ensures your food will be grilled, not charred to a crisp on open flames. It also helps reduce flare-ups from dripping fat. Side burners are a major plus for cooking up sauces and side dishes.

BONUS BELLS AND WHISTLES

Natural Gas Hookup Most grills use stand-alone propane tanks, but many have two sets of valves so you can hook it up to a natural gas line (if there's one in your neighborhood). Imagine if your grill never ran out of fuel mid-sear! You'll need to call a pro to run the gas line.

Rotisserie For slow-roasting whole birds or big cuts of meat, look for this add-on. "A rotisserie motor built into the grill is the easiest to set up and use," Faulk says. Check the weight capacity (based on what you like to cook) and make sure there is a spot for a drippings pan. Just know it runs on electricity, so you'll need access to an outdoor socket.



Weber Genesis E-335
Hot features include a side burner, handle lights for night grilling and a 10-year wheels-to-hood warranty. ($1,070, *weber.com*)

ILLUSTRATIONS: KATY DOCKRILL; GENESIS II E-335 GRILL: COURTESY WEBER

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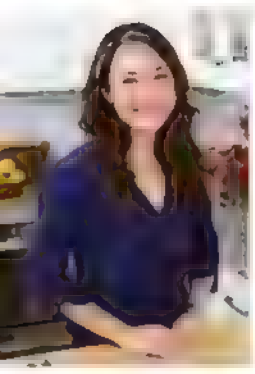

ASK BREANA

What's the right way to temp meat?

Judging when meat is "done" doesn't need to be a matter of touching or cutting into or worse yet blindly guessing. Simply aiming for an appropriate temperature is the solution. *(See our guide, right, of safe temps according to the USDA.)*

An instant-read thermometer is the key to success. We have a few favorites in the *EatingWell* Test Kitchen. The **Taylor Compact Waterproof Digital Pen Thermometer** is small, easy to use and budget-friendly ($13). **The ThermoPop®** comes in a bunch of fun colors and has a long probe particularly good for roasts ($29). And the **Meater** smart, wireless thermometer is great for summer barbecues—it connects to an app that sends alerts and cooking times to your phone, including a 5-minute warning before your food is ready ($69).

Digital or not, be sure to calibrate your thermometer by sticking it in ice water. It should read 32°F; if it doesn't, adjust it according to the manufacturer's instructions.

To check the temp of your meat, insert the probe into the thickest part, without hitting any bones. For thin cuts and round roasts, like a pork tenderloin, get the most accurate read by inserting the thermometer horizontally in the middle of one side of the meat instead of from the top down.

For perfectly cooked, tender meat, remove it from the heat when it's 5°F below the desired temperature. Let it rest on a clean cutting board for at least 5 minutes—the temperature will continue to rise about 5° and the juices will redistribute too.

BREANA KILLEEN, M.P.H., R.D., *is our Test Kitchen manager.*

SAFE COOKING TEMPERATURES
All poultry
165°F
Ground meat
(beef, veal, pork & lamb)
160°F
Whole cuts of meat
(steaks, roasts & chops)
145°F
*IF YOU SERVE RARE STEAKS OR BURGERS, YOU RE ASSUM NG SOME R SK WITH UNDERCOOKED MEAT
SOURCE: USDA
Healthy Chicken Thigh Recipes
BBQ, baked and fried at eatingwell.com/chicken

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Look Ma, No Cream!

HERE'S WHY WHOLE-MILK YOGURT AND RESERVED COOKING WATER (ITALIAN GRANDMA TRICK!) TOTALLY MAKE THIS DISH—PLUS OTHER TEST KITCHEN TIPS

Whole-milk yogurt
Skip the nonfat stuff. Opting for whole adds creaminess and richness to the sauce. And recent research shows the fat in dairy may lower your risk for type 2 diabetes.

Sustainably sourced shrimp
Not all shrimp is a sustainable choice. Choose wild shrimp with the Marine Stewardship Council label. Or look for farmed shrimp certified by the Aquaculture Stewardship Council, Naturland or Best Aquaculture Practices. Learn more at *seafoodwatch.org*.

Whole-wheat fettuccine
We choose whole-wheat pasta for its beneficial fiber—3 grams more per serving than white varieties, making this switch a no-brainer.

Unsalted butter
We almost always use this type of butter so we can add just the amount of salt we need separately.

Cooking water
Don't send it all down the drain! The pasta releases enough starch in the water during cooking to make it a magic ingredient for thickening your sauce.

BLAINE MOATS; STYLING: GREG LUNA (FOOD), SUE MITCHELL (PROPS) RECIPE BY LIZ MERVOSH

Creamy Lemon Pasta with Shrimp

ACTIVE: 20 min **TOTAL:** 20 min

- **8 ounces whole-wheat fettuccine**
- **1 tablespoon extra-virgin olive oil**
- **12 ounces sustainably sourced peeled and deveined raw shrimp (26-30 per pound)**
- **2 tablespoons unsalted butter**
- **1 tablespoon finely chopped garlic**
- **¼ teaspoon crushed red pepper**
- **4 cups loosely packed arugula**
- **¼ cup whole-milk plain yogurt**
- **1 teaspoon lemon zest**
- **2 tablespoons lemon juice**
- **¼ teaspoon salt**
- **⅓ cup grated Parmesan cheese, plus more for garnish**
- **¼ cup thinly sliced fresh basil**

1. Bring 7 cups of water to a boil. Add fettuccine, stirring to separate the noodles. Cook until just tender, 7 to 9 minutes. Reserve ½ cup of the cooking water and drain.

2. Meanwhile, heat oil in a large nonstick skillet over medium-high heat. Add shrimp and cook, stirring occasionally, until pink and curled, 2 to 3 minutes. Transfer the shrimp to a bowl.

3. Add butter to the pan and reduce heat to medium. Add garlic and crushed red pepper; cook, stirring often, until the garlic is fragrant, about 1 minute. Add arugula and cook, stirring, until wilted, about 1 minute. Reduce heat to low. Add the fettuccine, yogurt, lemon zest and the reserved cooking water, ¼ cup at a time, tossing well, until the fettuccine is fully coated and creamy. Add the shrimp, lemon juice and salt, tossing to coat the fettuccine. Remove from the heat and toss with Parmesan.

4. Serve the fettuccine topped with basil and more Parmesan, if desired.

SERVES 4: 1½ cups each

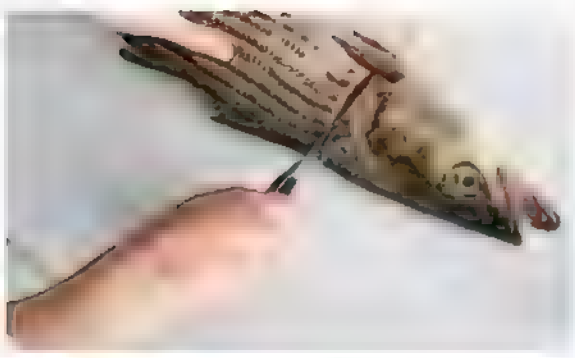
CAL 403 / **FAT** 14G (SAT 6G) / **CHOL** 160MG / **CARBS** 46G / **TOTAL SUGARS** 3G (ADDED 0G) / **PROTEIN** 28G / **FIBER** 6G / **SODIUM** 396MG / **POTASSIUM** 626MG.

How to Skin & Fillet a Fish

TO SKIN (ABOVE) Place the fillet on a clean cutting board, skin-side down. Starting at the tail end, slip the blade of a long knife between the fish flesh and skin, holding the skin firmly with your other hand. Gently push the blade along at a 30-degree angle, separating the fillet from the skin and avoiding cutting through either.

6 STEPS TO FILLET A WHOLE FISH (OPPOSITE) If "The Other Fish in the Sea" *(page 88)* inspired you to seek out new types of fish at your local market, this lesson will prepare you for what to do in the kitchen. While most fish are sold as steaks or fillets, you can also buy them whole. You can ask the fishmonger to fillet fish for you, but to DIY, follow the steps on the next page. (We do recommend having them do the messy job of removing the scales.) This technique works for round fish. The technique for flat fish (like sole or flounder, for example) is different, but you're less likely to come across these. You'll need a fillet knife or the sharpest, most flexible blade you have.

ANTONIS ACHILLEOS; STYLING: CHELSEA ZIMMER (FOOD), HEATHER HILLEGAS (PROPS)



1 Place the fish lengthwise on a cutting board, with its back toward you. Position your knife just behind the gills and side fin and cut straight down through the fish just to the spine, but not through it.

2 Using the tip of your knife, cut into the fish along the dorsal fins. Run the knife down the length of the fish—cutting into the flesh with long, smooth strokes of the knife—using the bones as a guide.

3 You will likely repeat this several times before you cut the fillet away from the bones. As you go, lift the fillet with your opposite hand (for larger fish) or press down to steady smaller fish.

4 Press the knife all the way toward the end of the fish to separate the fillet from the tail bones.

5 Trim off and discard any belly fat or dark red flesh. (Some fish have a lot, while others may not have any.) Flip the fish over and repeat Steps 1 through 4.

6 Run your hand over the fillets to check for bones. Pull any out with a pair of needle-nose pliers or tweezers.

etcetera

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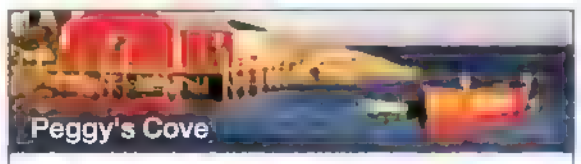

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RECIPE INDEX

		CALORIES	CARBS (G)	ADDED SUGARS (G)	PROTEIN (G)	FIBER (G)	SODIUM (MG)	POTASSIUM (MG)	CALCIUM (% DV)	FOLATE (% DV)	IRON (% DV)	VITAMIN A (% DV)	VITAMIN B12 (% DV)	VITAMIN C (% DV)	45 MINUTES OR LESS	GLUTEN-FREE	HEART-HEALTHY	LOW-CAL	VEGAN	VEGETARIAN
Appetizers & Drinks																				
71	Blue Cheese & Herb Dip	103	2	0	3	0	151	78							■	■				
71	California Avocado Hummus	69	5	0	1	3	159	158							■	■	■	■		■
34	Cuban Stromboli	76	6	0	4	0	227	48							■		■	■		
70	Fridge Pickles	8	2	1	0	0	143	38								■	■	■		■
70	Lady & Larder's Deviled Eggs	63	1	0	3	0	98	41							■	■	■	■		■
70	Medium-Boiled Eggs	36	0	0	3	0	36	35							■	■	■	■		■
71	Pimiento Cheese Dip	130	1	0	4	0	174	25							■	■				■
70	Spiced Pecans	151	6	4	2	2	51	85								■		■		■
95	Steamed Clams Casino-Style	152	6	0	8	0	493	235					426		■			■		
32	Strawberry Shrub	52	13	13	0	0	0	15								■				■
32	Strawberry Shrub Cocktail	179	18	13	0	0	1	58						38	■	■				■
Side Dishes & Salads																				
23	Charred Sugar Snaps with Sesame-Chili Sauce	123	12	3	3	3	347	227						83	■			■		■
94	Chicory Salad with Banded Rudderfish "Tonnato"	180	7	0	5	4	218	432						22		■		■		
40	Creamy Cucumber, Radish & Tomato Chopped Salad	187	7	0	3	2	350	348				30			■	■		■		■
75	Grilled Long Beans with Creamy Pasilla Chile	246	19	0	4	8	324	526				61		35		■				■
27	Grilled Zucchini with Tomato-Mint Relish	71	6	0	2	2	157	413						44	■	■	■	■		■
78	Mixed Vegetable Salad with Lime Dressing	214	8	0	3	2	217	304				82		20	■	■	■	■		■
27	Olive Oil–Braised Mixed Summer Squash	140	6	0	2	2	202	408						46	■	■	■	■		■
23	Pan-Fried Okra	106	14	0	2	2	75	195						22	■					■
27	Quick Zucchini Pickle Ribbons	8	1	0	1	0	40	107							■	■	■	■		■
Vegetarian																				
38	All-American Portobello Burgers	275	33	3	10	5	713	654							■			■		■
16	Black Rice Banh Mi Bowls with Tofu	323	41	2	17	6	589	161	22		20	76			■	■	■	■		■
80	Squash Blossom & Corn Tacos	342	35	0	6	4	457	411						150	■	■		■		■
Chicken																				
78	Beer-Glazed Chicken with Grilled Summer Vegetables	467	32	10	36	3	553	767						44				■		
10	Honey-Harissa Chicken Wings with Grilled Carrots & Celery	504	22	9	34	5	508	943				349			■	■		■		
20	Spaghetti & Chicken Meatballs with No-Cook Tomato Sauce	497	53	0	27	8	674	766				45		50	■			■		
28	Sweet & Sour Chicken with Broccoli	321	38	9	29	6	618	639		22		68		194	■			■		
Fish & Seafood																				
103	Creamy Lemon Pasta with Shrimp	403	46	0	28	6	396	626	21	21		23			■			■		
95	Fish Chowder with Fennel & Corn	420	27	0	37	3	564	1,519				27	48	22				■		
94	Grilled Banded Rudderfish with Peperonata	396	11	0	31	4	462	933				71	34	95	■	■		■		
22	Summer Shrimp Salad	290	10	0	31	2	322	810				24		31	■	■	■	■		
94	Triggerfish Schnitzel with Summer Succotash	554	50	0	32	9	764	1,087				26	29	72						
Beef & Pork																				
80	Chipotle Skirt Steak Tacos with Smoky Tomatillo Salsa	337	29	0	19	4	497	423					47		■	■		■		
14	Coriander-Rubbed Pork Chops with Fennel-Plum Salad	350	17	3	25	3	699	685							■	■		■		
18	Grilled Short Ribs & Cherry Tomatoes with Chimichurri	232	5	0	16	2	478	430				39		53	■	■				
12	Grilled Taco Pizza	511	48	0	33	5	728	548	21			44			■			■		
36	Instant-Pot Mojo Pork	296	4	0	25	1	444	370								■		■		
Desserts																				
79	Fresh Berries with Warm Tequila-Lime Espuma	168	22	8	4	5	36	181						61	■	■	■	■		■
41	No-Bake Berry Cheesecake Bars	245	23	9	6	3	224	152							■	■		■		■

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Protecting Native Pollinators

Vilicus Farms in northern Montana leads the charge in grain farming. **By Lucy M. Casale**

THE SITUATION

Look closer at Big Sky Country's wide open spaces and you'll see: many are grain farms. Wheat is Montana's leading cash crop and it waves across the state in big swaths of monoculture. The problem? Wheat is pollinated by the wind, so it doesn't rely on animals or insects to fertilize it. It also doesn't provide food for pollinators. Nearly two-thirds of U.S. farmland is covered in commodity crops—namely wheat, corn and soy—none of which are primary food sources for pollinators, contributing to the serious decline in their populations. More than a quarter of bumblebee species alone are threatened, and attention is turning to the thousands of wild bee species and other pollinators (like bats and butterflies) that help pollinate one-third of our food.

WHAT THEY DID

Vilicus Farms is going against the grain to help. Even before Anna Jones-Crabtree and Doug Crabtree broke ground in Hill County in 2009, honoring their farm name (Latin for "steward of the land") was always part of the plan. The pair laid out their land into smaller blocks of heirloom grains and pulses, with 20- to 30-foot grassy strips in between to prevent wind erosion. But after attending a native pollinators class, they realized these strips—if planted strategically—could serve a secondary purpose. "There are so many species of native bees and they all need a food source," Anna says. So, the couple seeded a mix of early-, mid- and late-blooming native wildflowers and grasses in their 100-plus acres of strips to provide pollinators with food year-round.

WHY IT'S COOL

The results have been validating. From green sweat bees and Tiphiid wasps to alfalfa leafcutter bees and tumbling flower beetles, "There are a number of native bees and beneficial insects [bugs that pollinate or control pests] on the farm now," Doug says. "It's hard to miss them." And because of their work, Vilicus Farms is one of the first in the country to obtain the Xerces Society's Bee Better Certified Seal—a third-party verification label rolling out nationwide to show shoppers which food products come from producers dedicated to preserving pollinators. "Doug and Anna were truly the first farmers in the United States to launch this work at a really large scale," says Eric Lee-Mäder, Xerces' Pollinator Conservation Program co-director. "They're pioneers."

"Our sense is, if you give nature space, she's an amazing partner."
—Anna Jones-Crabtree
VILICUS FARMS

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PHOTO BY TODD KLASSY

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